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Josie Haneklau

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The Breeze, the student-run newspaper of James Madison University, serves student, faculty and staff readership by reporting news involving the campus and local community. The Breeze strives to be impartial and fair in its reporting and firmly believes in First Amendment rights.

Published on Thursday mornings, The Breeze is distributed throughout James Madison University and the local Harrisonburg community. Single copies of The Breeze are distributed free of charge. Additional copies are available for 50 cents by contacting our business office. Comments and complaints should be addressed to Matt Weyrich, editor.

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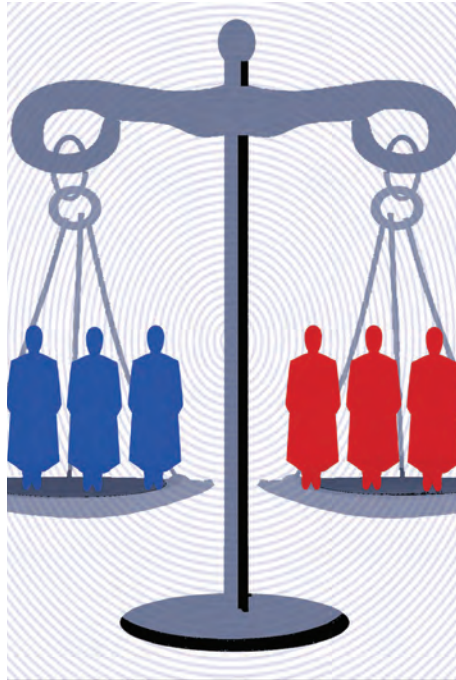
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DIVERSIFYING POLITICS
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TRISTAN LOREI / THE BREEZE

BACK TO THE BARN
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TREVOR COCKBURN / THE BREEZE

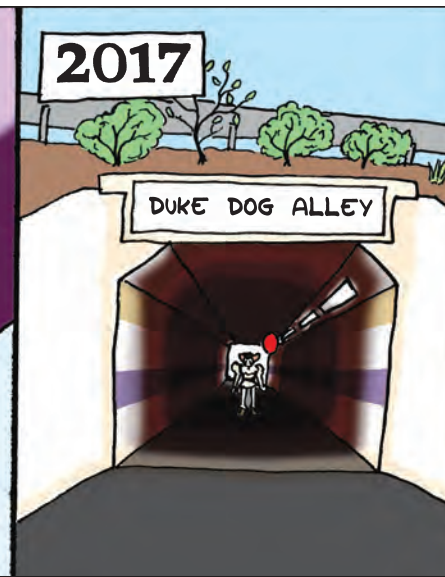
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After 1-6 start, JMU women's soccer now sits atop CAA as season winds down

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ALIECE CARNEY | this again?

PHOTO ON THE FRONT:
TANNER LESLIE / THE BREEZE



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Thursday, October 18, 2018



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Infestation situation

Greek Row residents express concern about possibility of mold resurfacing



COURTESY OF SOFIA SERGI



GREEK ROW PHOTOS BY TANNER LESLIE / THE BREEZE

By **CONNOR MURPHY**
contributing writer

Sorority members living in the on-campus Greek Row houses discovered mold growing in their closets, showers and personal belongings at the start of the fall semester. The Office of Residence Life has been contacted by numerous sororities regarding the issue; however, the measures taken to resolve the problem have concerned some students.

"If we have 13 sororities, we've probably received complaints about the mold from eight or nine of them," Holmes Browne, the ORL associate director of business operations, said. "We've been checking to see if the mold growth is a part of a larger issue."

ORL believes that high condensation and heavy use of air conditioning units is to blame, but some students believe the issue may have developed prior to the beginning of the school year. Students are hoping that ORL or the university will take further action to protect their personal belongings and health. ORL was first made aware of the mold problem in mid-September, directly following fall sorority recruitment.

While the students notified ORL of the problem at the beginning of the semester, they suspect the mold has been an issue for much longer. Sophomore nursing major Jennifer Laga first noticed the mold when she moved into her sorority house this past August.

"A bunch of girls also saw it at the start, so

we think it may have been here since the end of the last school year," Laga said. "It became more of a problem a few weeks ago when girls' shoes started to get moldy and the existing mold continued to grow."

ORL has taken measures to combat the mold by sending individuals to investigate and remove it. In addition, it's also educating residents on how to prevent this from becoming a problem in the future, as ORL believes that the frequent opening of doors during sorority recruitment, coupled with the blocking of air conditioning units, is to blame for the problem. ORL doesn't know what kind of mold has been growing in the Greek Row houses. According to the Environmental Health Coordinator, there are hundreds of different kinds of mold and no conclusive tests have been conducted for what's been found.

With recent moisture and humidity, Browne and others attribute the presence of the mold to frequent use of air conditioning, along with the open doors and windows that are allowing condensation to build inside and mold to grow.

ORL has taken action, but the assistance provided has concerned some of the Greek Row residents. Many question if the action taken is sufficient and will remove some of the

long-standing problems. ORL sends individuals to clean the mold when it's initially discovered, and search for the source of water that's allowing bacteria to grow. Facilities Management recommends immediately cleaning any affected objects and washing them if possible and to keep all personal belongings dry.

"The Office of Residence Life sent out a team, but they just cut off our air conditioning and

scraped off and painted over the existing mold," Shoshi Warshavsky, a sophomore communication sciences and disorders major, said. "They also don't reimburse us for what's been damaged."

In addition to personal belongings like shoes and clothing being damaged, the mold issue may be presenting a health problem to its residents. Some of the students living on Greek Row have already developed symptoms they believe are a result of the mold and required assistance from the University Health Center.

"Some girls have been developing rashes since moving in," Laga said. "A lot of the girls also have really heavy coughs. We don't know if it directly pertains to the mold, but we think it might be responsible."

Parents became worried with the condition of the Greek Row houses when several saw

the mold in person. These parents decided to take further action by writing letters and emails to ORL explaining their concerns and recommending specific action be taken with hopes of ensuring their children have a safe place to live.

"I emailed several people about the problem," Trish Sergi, the mother of a Greek Row resident, said. "My husband spoke to someone, too. We requested remediation of some kind. As far as I know, most of the girls brought their own dehumidifiers, as did we. We requested they provide more commercial-grade dehumidifiers."

The dehumidifiers currently in place are known to fill up daily. A normal amount of humidity in a home ranges from 40-50 percent, but the dehumidifiers in Greek Row frequently reach as high as 80 percent.

The mold in the hallways and closets of the houses has already been removed by ORL, but residents are concerned about a possible resurfacing due to their suspicions regarding the length of time the mold has been in the houses, and the manners in which it has been removed.

"At this point, we haven't had to relocate anyone to protect their health," Browne said. "It's important to everyone that we're reacting to the complaints appropriately."

CONTACT Connor Murphy at murph2cj@dukes.jmu.edu. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.



CARLEY WELCH / CONTRIBUTING PHOTOGRAPHER

Mold affected residents' personal belongings and the hallways and closets of their houses.

IN BRIEF:

news desk

NATIONAL

The end of an era

Caroll Spinney, the voice of "Sesame Street" characters Big Bird and Oscar the Grouch, has announced his retirement from the show. Spinney's last day is Thursday. His final voice recordings will be used for the 50th anniversary of the show, which will air on HBO next year and PBS in 2020.

State trooper shot and killed

State Trooper Kevin Conner stopped a speeding pickup truck on a highway in North Carolina early Wednesday morning. As Conner approached the truck, the driver, Raheem Davis, allegedly shot him. Connor was transported to a nearby hospital and was pronounced dead. Davis led police on a brief chase and after searching, authorities captured Davis in the woods in Fair Bluff. Davis has been charged with first-degree murder.

STATE

U. Va. to help those with injuries from Charlottesville rallies

The University of Virginia Health system announced it'll absorb all out-of-pocket costs for those who were treated at U. Va. facilities after the Unite the Right rally on Aug. 11-12, 2017. The Charlottesville Patient Support Fund received over \$20,000 in donations to help pay bills of those who don't have insurance.

Democrats raise the most in third quarter

Third quarter Virginia campaign numbers have been posted and the Democratic party raised \$184,721 more than the Republican party. Democratic candidate Tim Kaine raised more than \$2.4 million for his campaign while Republican candidate Corey Stewart collected \$1 million in the third quarter.

LOCAL

Local Kmart to close

Sears is closing more than 70 stores and 40 Kmart stores across the country. By the end of the year, the Kmart in Waynesboro will close. The closure will impact the area with job loss and a slight drop of income stream from sales tax.

Search for superintendent

The Harrisonburg City School Board wants the public's opinion on who to hire as the next superintendent. On Wednesday, an online survey about the search will be posted on the division's website and will be available until Dec. 1. The school board will hold a community forum on Oct. 30-31 to help find and discuss who should be the next superintendent.

ARREST REPORTS

Data courtesy of Harrisonburg Police Department

115 vs. **135**

arrests from
Oct. 1-14, 2017

arrests from
Oct. 1-14, 2018

Total arrests in week of Oct. 8-14 = 77

Top three arrests from Oct. 1-14, 2018

- Public swearing or intoxication = 13
- Contempt of court = 9
- Driving while intoxicated = 6

Powerhouse

JMU alumna and Board of Visitors member becomes one of 25 CEOs of a Fortune 500 company



BREEZE FILE PHOTO

Since joining the Board of Visitors, Warden said the biggest change to JMU since she was a student is the physical growth.

By **MATTHEW SASSER**
The Breeze

The JMU Board of Visitors welcomed three new members this year, one of whom is the incoming CEO of a Fortune 500 company. Kathy Warden, CEO of Northrop Grumman, an aerospace and defense company, graduated from JMU in 1992 and previously served on the board of the JMU College of Business.

Warden is one of 25 female CEOs of Fortune 500 companies. According to Warden, it was over many decisions in her career that she ended up following a path that led to this position.

"JMU really provided me a foundation for lifelong learning and a desire to contribute to society, and it prepared me with the skills to work with others and the confidence to be a leader," Warden said.

Warden has returned to JMU in her new position as a member of the Board of Visitors. According to Warden, making connections with JMU leadership is mutually beneficial.

Interim Dean of the College of Business Michael Busing worked with Warden as part of the College of Business. Warden spoke to information security MBA students in August of 2014 as part of their orientation.

"I was particularly impressed by the way in which Kathy engaged that group of young professionals and how she made a call for more women in technical fields such as computer

science and information technology," Busing said in an email.

After that meeting, the College of Business began to actively recruit her for its board, of which she became a member in 2016. Since then, Warden climbed the ranks at Northrop Grumman.

"I often joke with her when I see her on campus that she is about due for another promotion," Busing said. "I am impressed with how approachable she is and how she truly wants to engage with everyone at JMU."

On her way to becoming Northrop Grumman's CEO, Warden worked with the Aspen Institute's cyber tech strategy group, a high-level, multi-sector group of individuals that include former government officials and industry executives. They've worked on what they collectively view as some of the top challenges within this space.

One of the group's goals is to develop a cyber workforce that'll be able to respond increasingly effectively to cyber security challenges. According to Matthew Rhoades, managing director of the cybersecurity and technology program at the Aspen Institute, her expertise and knowledge within this area is helpful.

"Her experiences on the ground doing these sorts of things have been invaluable in terms of helping the group," Rhoades said. "These are challenges that she faces day to day. She sees it at a practical level. As a practitioner of sorts, her point of view is invaluable."



BREEZE FILE PHOTO

Kathy Warden is the CEO of Northrop Grumman.

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see **TOP DOG** page 8



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The Breeze

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Thursday, October 18, 2018

A helping hand

Due to a high ratio of teen pregnancies in Harrisonburg there've been several programs created to provide assistance to young mothers

By **MATTHEW SASSER**
The Breeze

The Virginia average of teenage pregnancies for females age 15-17 is 8.7 per 1,000; however, the rate for Harrisonburg is over double the overall state average. According to the 2016 Virginia Center for Health Statistics data, the rate of teen pregnancy per 1,000 females aged 15-17 in Harrisonburg was 19.0. There are many programs in the area established to account for this issue.

The Youth Data Survey in 2017 found that there were 34 pregnancies in Harrisonburg and Rockingham for those between the ages of 10-17. This survey was conducted by the Institute for Innovation in Health and Human Services, which has been used to secure several million dollars' worth of funding for prevention programs over the past 14 years according to Jennifer Rea, operations coordinator at the IIHHS.

To combat the issue of teen pregnancy, there are many programs and resources available to those in the Shenandoah Valley. AVA Care is a medical nonprofit that has serve women facing unintended pregnancy since 1984.

"We are kind of the first stop for women who think they might be pregnant," Susan Null, executive director of AVA Care, said. "They can call us and we can verify that

pregnancy and confirm it through ultrasound."

AVA Care makes community referrals to those that visit their facility. Its services are free and confidential.

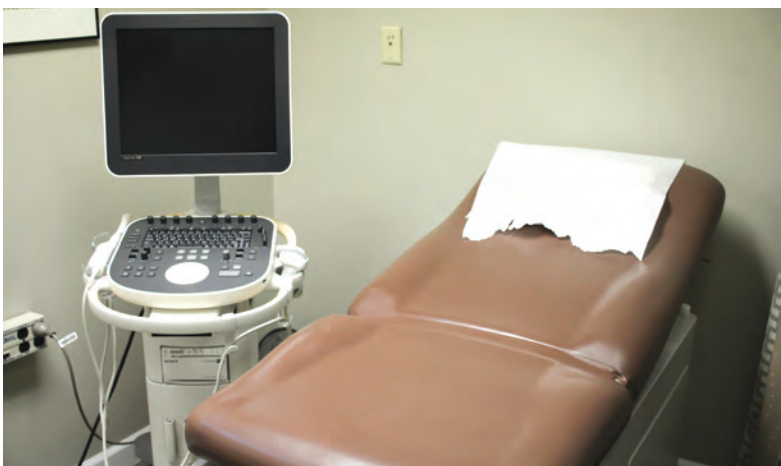
Based on what an individual's needs are, if they choose to be a parent, AVA Care partner with programs like Hand in Hand at RMH Sentara Medical Center. If an individual needs counseling or any other services that would keep them healthy and maintain the ability to be a parent, AVA Care works with those needs.

"We want to have a safe space for women to come and process because often times everyone has an opinion on what to do," Null said. "We're not here to tell them what do but we are here to educate them. We believe that education is power and we support them no matter what they decide."

Hand in Hand is a program designed to help those affected by teen pregnancy. This program assigns community health workers to specific individuals who assist them from the time the women finds out she's pregnant to the child's first birthday.

"We're a home-visiting program which makes us really unique," Ashley Cromer, program coordinator of Hand in Hand, said. "We get to go in the home depending on the client."

see **PREGNANCY**, page 9



PHOTOS BY HEATHER ECKSTINE / THE BREEZE

All the programs and services in Harrisonburg aim to create a safe space for mothers.



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	14.50

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Focuses of White's campaign include higher pay for teachers and public service officers, increasing economic development and equal opportunity for Virginia Beach residents.

JMU alumna becomes first transgender person to run for Virginia Beach City Council

By **JAMIE MCEACHIN**
contributing writer

Allison White, a JMU alumna ('94) with a degree in political science, is campaigning as a candidate for the Virginia Beach City Council. White's run for political office reflects the nationwide trend of increasing numbers of women seeking candidacy in midterm elections, which can be seen prominently with Virginia's upcoming November ballots. As the first transgender person to run for the Virginia Beach City Council, White feels she brings a unique perspective and experience as a candidate. As a public school teacher, White also carries many years of experience in public service.

White's campaign focuses on issues such as higher pay for teachers and public safety officers, improving Virginia Beach's flood protection, increasing economic development and equal opportunity for Virginia Beach's citizens. Many of her platforms reflect her background as a teacher and member of the LGBTQ community. She believes her election would contribute to diversity and innovation on the city council.

After graduating from JMU, White earned a law degree from the University of Akron, followed by a

master's degree in education from Old Dominion University. She's spent the past 15 years as a public school teacher and is currently a social studies teacher in the international baccalaureate program at King's Fork High School in Suffolk County. White is a native of Virginia Beach and attended Cox High School before studying at JMU, where she further developed an interest in seeking public office.

"Right now, I work with 25 kids to a class, and that's my focus," White said. "Now it's just going to be working with 450,000 people. It's the same principle — it's trying to make a positive impact."

White's sense of community as a resident of Virginia Beach has fueled her campaign, and so has her desire to become part of an accepting community. While being transgender isn't the reason she's running, she feels responsible to include her story as part of the larger reason she decided to run for city council.

"Running as a trans person, I wanted to raise awareness that there are trans people, and we can do big things," White said. "I wanted to break stereotypes and I wanted to show that there are trans people in Virginia Beach who are working hard to make a positive impact on their community."

JMU accepts submissions for name of new East Campus dorm

news desk

A new 500-bed residence hall will be coming to East Campus during the fall of 2019. An online survey is available to submit possible names for the building.

Submissions are due Oct. 28 and the winner of the contest will be announced Oct. 30. The winner will receive a \$100 gift card available only to JMU students.

The building site is adjacent to Convo F Lot on University Boulevard. A land bridge will be constructed over Driver Drive so the residence hall will be connected to the Skyline area.

The hall's layout will accommodate both freshmen and upperclassmen. Larger-scale programs like a P.O.D. (Provisions on Demand) operation on the

main level will be available to give residents a grab-and-go dining option. There will be a central community room available for meetings and studying with space for over 200 people.

Survey participants are asked to provide their suggestion for the name of the hall, along with a reason for why the name is a good choice. Questions about the new hall can be directed to Social Media and Marketing Coordinator for the Office of Residence Life, Alicia Lamb, at lambam@jmu.edu.

CONTACT Mitchell Sasser at sasserm@dukes.jmu.edu. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.



The new dorm for East Campus is currently under construction. Submitted ideas for the dorm's name are due Oct. 28.

SAMANTHA LINCZYC / THE BREEZE



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The Breeze

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Thursday, October 18, 2018

The JMU political science department has nine alumni currently holding public office in Virginia. Most prominent are Kirk Cox, speaker of the Virginia House of Delegates, and Levar Stoney, mayor of Richmond. In the Virginia House of Delegates, Dickie Bell, Chris Collins, Jay Leftwich and Jason Miyares are all JMU graduates. In the Virginia Senate, JMU alumni include Emmet Hanger, Scott Surovell and Ryan McDougle.

One reason for the prevalence of former Dukes on the list of Virginia politicians is that the political science department aims to unite the students who focus the diverse major with shared values. Scott Hammond, the political science major coordinator, was named by White as a professor in the major who left a strong impression on her while she studied at JMU. Hammond believes the various disciplines of political science teach students like White how to think critically, to express themselves and be active participants in political and social institutions.

“Most of us don’t have the affinity to be able to make big changes,” Hammond said. “But if we can each do something in our own corner of the world, that’s something. I think that we aspire to guide our students into a love of learning and to convert that into a care for their fellow citizens.”

The political science department allowed White to develop the skills and knowledge she would need for her career as a teacher of AP U.S. Government and IB

history classes. What she learned at JMU contributed to her decision to earn a law degree. As a current political candidate, the time spent in the political science major gave White the basis for her campaign.

“I try to tell the students that I’m teaching in high school that these classes won’t necessarily get them a job,” White said. “But it gives them those critical analysis skills that are very important. That’s what it did for me.”

According to Alumni Network Coordinator David Jones, the department also places an unique emphasis on service to the public. Even in the classroom, students are taught to approach issues with the weight of real scenarios, not just as hypothetical exercises.

For political science alumna like White, the choice to campaign for public office stems from a personal ambition for public service, and was cultivated by JMU encouraging students to take part in the communities of which they’re members. White is running for city council in Virginia Beach because she believes she can make a difference for the community and citizens she cares for.

“JMU set the tone,” White said. “It was the foundation for where I am today.”

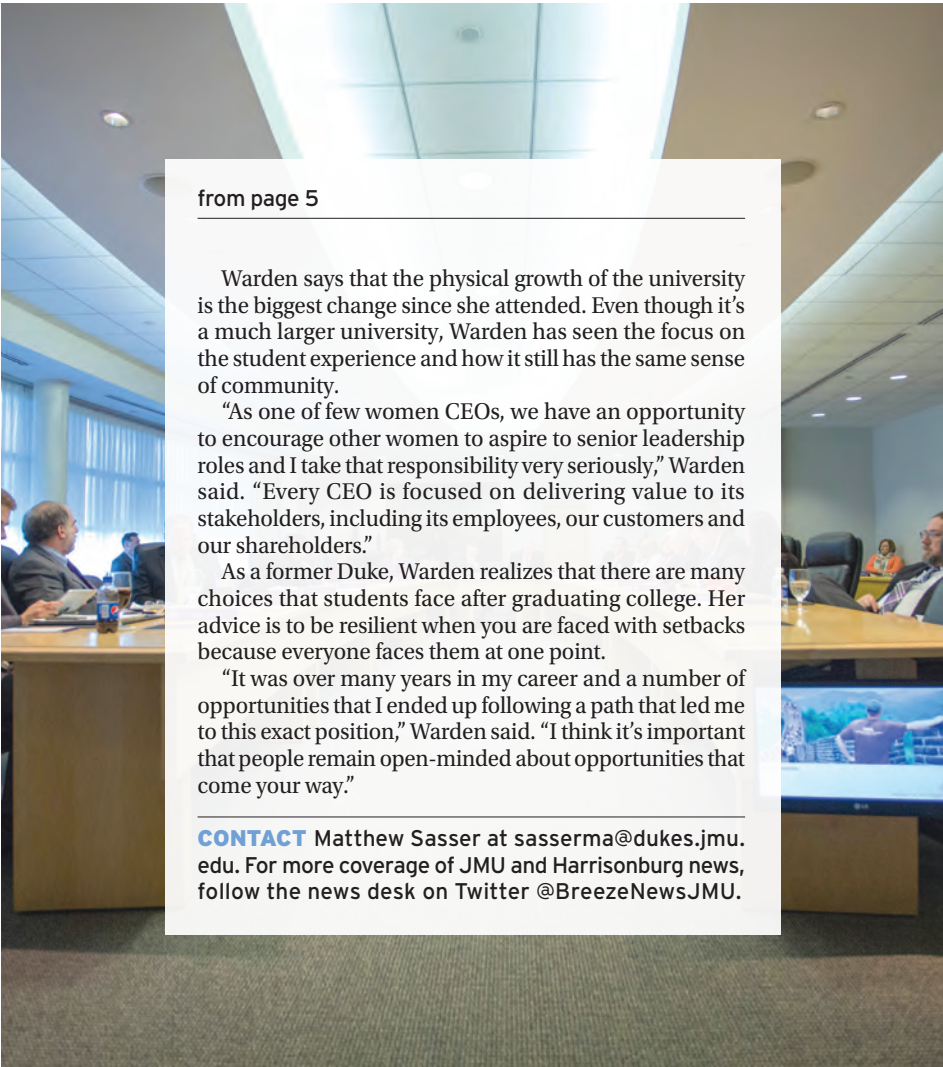
CONTACT Jamie McEachin at mceachja@dukes.jmu.edu. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.



PHOTOS COURTESY OF ALLISON WHITE

White is a social studies teacher in the international baccalaureate program at King's Fork High School.

TOP DOG | Notable alumna hired to board of visitors



from page 5

Warden says that the physical growth of the university is the biggest change since she attended. Even though it’s a much larger university, Warden has seen the focus on the student experience and how it still has the same sense of community.

“As one of few women CEOs, we have an opportunity to encourage other women to aspire to senior leadership roles and I take that responsibility very seriously,” Warden said. “Every CEO is focused on delivering value to its stakeholders, including its employees, our customers and our shareholders.”

As a former Duke, Warden realizes that there are many choices that students face after graduating college. Her advice is to be resilient when you are faced with setbacks because everyone faces them at one point.

“It was over many years in my career and a number of opportunities that I ended up following a path that led me to this exact position,” Warden said. “I think it’s important that people remain open-minded about opportunities that come your way.”

CONTACT Matthew Sasser at sasserma@dukes.jmu.edu. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.



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FOLLOW THE MANIA



PREGNANCY | Project 4T provides day care for children

from page 6

The program also offers transportation for its clients, whether it's to doctor appointments, food pantries or visits to apply for Medicaid. For Cromer, it's rewarding to see the development of a young teen shifting into an individual capable of taking great care of their child.

"What our services offer is a different support system," Cromer said. "Some people have very supportive family members, some don't. We're just another person to be there."

Project 4T takes care of high school students' needs during the school day. A nursery at the school allows them to pursue their education without their child impeding their studies. Eleven people are currently enrolled in the program.

Alisia Garcia, Harrisonburg High School ('17), benefited from Project 4T. She says she appreciated the volunteers who took the time to care for her child while she continued her education.

"I think there are a lot of moms in high school nowadays that might not even have the option to go back to school because they can't afford childcare," Garcia said. "It's a great way to show young parents that if you have a baby at a young age, you can keep pursuing your dreams and moving forward."

CONTACT Matthew Sasser at sasserma@dukes.jmu.edu. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.



Project 4T at Harrisonburg High School provides day care while other programs such as Hand in Hand offer home visits after the mothers have given birth.

KAT ELLIS / THE BREEZE



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Drinking excessive amounts of coffee can be unhealthy in the long run

JOSIE HANEKLAU | open outlook



One constant in most college students' lives is coffee — and a lot of it. All JMU students are familiar with the excessively long line for coffee in Carrier and the countless students strolling around campus with a Starbucks or Dunkin Donuts coffee cup in hand. It seems like coffee is a staple part of the day for most students. Yet, studies have shown that immoderate coffee drinking poses severe health risks.

Many sources say coffee is healthy in moderation but studies on the matter have only been observational and may not prove cause and effect. According to the Food and Drug Administration, four cups of coffee a day is the recommended maximum amount — but a Venti at Starbucks alone surpasses the suggested daily intake. Coffee drinkers can have a boosted metabolism, lower risk

of liver disease and reap the health benefits of antioxidants found in caffeine. However, all health benefits go out the window with excessive drinking and the addition of sugars and artificial sweeteners.

The recommended daily amount of sugar intake is about 30 grams for men and women. To put into perspective how unhealthy popular coffees are in sugar alone, a Grande pumpkin spice latte at Starbucks contains 50 grams of sugar. This number almost doubles a healthy amount of sugar for an entire day.

Nearly 80 percent of coffee-drinking college students consume above the recommended amount of coffee daily. This means that a huge percentage of students on campus are consuming an absurd amount of sugar, fats and artificial sweeteners every day. Sugar addiction is a real issue and is known to activate the same areas of the brain seen in a drug addict. In part, this may explain why a side effect of excessive coffee drinking is withdrawal.

see **COFFEE** page 14

Editorial Policies

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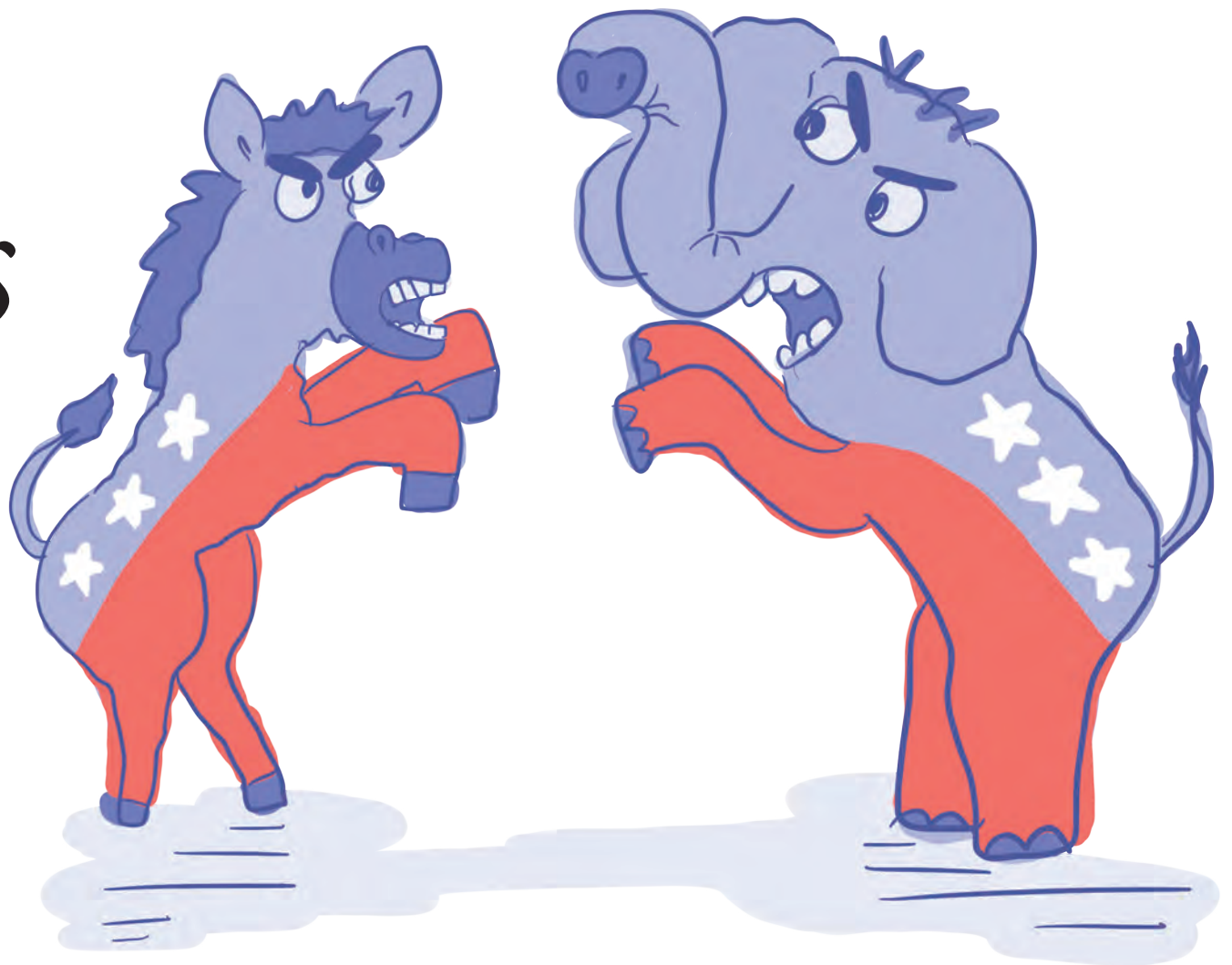
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Clash of parties

National political parties don't appeal to all state interests



KAT ELLIS / THE BREEZE

CONNOR MCNULTY | contributing columnist



Our national government is deeply entrenched in a two-party system, and while George Washington vehemently warned against their

establishment, political parties have become as necessary as they are petrified within the federal government. However, state governments have no requirement to wade in the same waters as the national parties, as their interests can be more accurately tailored to reflect the will of the people.

The federal government varies greatly from each state's government with respect to the responsibilities under their purview, and as such, the areas of focus for state government elections should also vary greatly. Using national political parties in individual states only serves to confuse, polarize and misrepresent interests and individuals.

The logic of a federal two-party system is fairly straightforward. If the purpose of government is to protect each citizen from encroachments on their unalienable rights, and naturally, points of contentions are going to arise. Operating under the assumption that the vast majority of elected officials are genuinely concerned with the public good, there will often be sincere motive on both sides of the aforementioned conflicts.

Essentially, this means both sides of every issue should be legitimately backed by good intentions.

Pushing the logic farther, with different representatives working for different groups of constituents, it becomes likely representatives will have varying degrees of passion for diverging points of contention — hopefully in line with the passions of their constituents. This would naturally lead to coalitions of interests being formed, as in a republic majority needed to do virtually anything.

Over time, two parties of interest would inevitably evolve as a byproduct of each coalition trying to win its majority, with two primary groups being the most efficient and simple organizational structure.

The above logical argument may sound contrived or convoluted; however, history demonstrates its validity. Before the Constitution's ratification the binary struggle was between Anti-Federalists and Federalists. After its acceptance by the American people, the political landscape began its persistent shifting within a transient two-party system — a system which matured alongside America, a constant structure containing her ever-changing whims. In a country as large as

America, duel parties on the federal level were always inevitable; however, state governments should avoid such simple labels as they're neither practical nor efficient for expressing the many interests of the people.

The first question is how state governments vary from their federal counterparts in

terms of practical abilities. In short, state governments were designed to be closer to the people. With less constituents, it becomes pragmatically possible to accurately represent the will of the people to a

much higher degree.

In stark contrast to state governments, no members of the federal executive or judiciary are directly elected by the whole of the electorate. This means no matter how sincere their interests, members of the two federal branches are systemically farther removed from the people by way of not being directly voted into office. This check on the people is needed, the destructive effects of mob rule have long proved to be the Achilles' heel of republics. Notwithstanding, state governments are free from the federal burden of absolute sovereignty, and as such, should fulfill their responsibility of genuinely reflecting the people's ever-changing interests.

"State governments have no requirement to wade in the same waters as the national parties."

Connor McNulty

If each state elects a roughly similar number of legislators as the federal government over a single cycle, then the states have a much smaller ratio of legislator to constituent, by virtue of the national government representing 328 million people and each state representing much less. It becomes reasonable to claim the states have the ability to reflect the interests of their populations in a much more tailored fashion. The issues plaguing each state at any given moment are unique and deserving of specific addressment. That is, to needlessly channel the whole of diverse interests within a state into two all-encompassing political parties is an injustice done against each citizen.

It's amusing that America chose a donkey and an elephant to symbolize her opposing parties. The former is a pack animal most referred to for its hind quarters, and the latter is an exotic giant as wrinkled as it is unwieldy. No matter one's preference, "We the people" are the source of all authority the government holds, and as such, the government should reflect the will of the people as transparently as can be safely achieved.

In a pragmatic sense, the federal government is rightfully set in its two-party system, but the states are a different story. They possess the motive and opportunity to broaden the range of interests represented in the American republic.

Connor McNulty is a senior English and political science double major. Contact Connor at mcnul2cm@dukes.jmu.edu.



TREVOR COCKBURN / THE BREEZE

I-81 is a human trafficking hub, allowing trucks in the business to travel across states.

No longer blind

SOPHIA CABANA | liberté



Slavery is alive and well. In fact, according to the International Labour Organization, it's a growing industry that generates about \$150 billion of profit each year. People trafficked for profit are sometimes forced into dangerous manual labor and poor living conditions, but many are sexually exploited and prostituted out by traffickers.

Of the \$150 billion in revenue, an estimated \$99 billion comes from the sex trade. This illegal slave trade goes unnoticed because it's often hidden behind legal industries. It lurks behind the scenes in pornography and erotic photography, strip clubs, hotel and motel rooms and even spas. Due to the very nature of sexual exploitation, those who patronize the dark industry often don't even think to ask how the services or entertainment they're enjoying came to be available, and they don't care. They see no distinction between a willing performer and an enslaved person being manipulated for the profit of a human trafficker.

While not all sex traffickers are pimps, all pimps are technically sex traffickers. Whether prostitution is legal or illegal in an area doesn't change the fact that the practice of selling someone for labor, while manipulating or threatening them to maintain control of their life—often taking a large portion of their earnings—is human trafficking, and this is exactly what pimps do.

While the underground sex economy in large cities like Denver, Washington, D.C., and Atlanta are estimated to be worth anywhere from \$40-\$290 million, exact figures are hard to find due to the secrecy of the illegal industry, and big cities aren't the only places affected. The problem isn't far from home. In the entire U.S., the Commonwealth of Virginia was ranked No. 15 by the National Human Trafficking Hotline for the most cases of human trafficking reported or discovered in 2016. According to the Federal Bureau of Investigation, Interstate-81 is a major artery for drug smuggling and sex trafficking. While exact estimates are hard to come by, it's known that many large trucks that pass by JMU on the highway are being used in illegal trade systems by those who place other human beings in degrading and dangerous positions that seem impossible to escape from.

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Human trafficking a concern even in Harrisonburg community

In places like Harrisonburg, poverty is one of the main issues facing the community, which makes it vulnerable to human trafficking. Within it, the most defenseless are immigrants and refugees, who are more likely to be victims of trafficking.

As JMU students, it's easy to feel enclosed in a safe bubble on campus or get so immersed in the university community that we forget about the rest of the world. However, ignoring a problem doesn't make it go away, just as distancing ourselves from the issue of human trafficking doesn't make it further from home. This happens in the U.S., this happens in Virginia and this happens in Harrisonburg.

Because human trafficking is hard to notice, we have a tendency to think about it abstractly, as if it doesn't affect us or our communities. People fail to realize that they could pass by somebody near a

"Because human trafficking is hard to notice, we have a tendency to think about it abstractly, as if it doesn't affect us or our communities."

Sophia Cabana

construction site, in a club or on the street whose body or physical labor is being sold against their will.

People need to force themselves to see this problem for what it is, and need to actively work to combat it. If one suspects an incident of human trafficking, they can call the National Human Trafficking Hotline at 1-888-373-7888 or text the hotline at 233733. If one suspects that a minor is being trafficked, they can also contact the National Center for Missing and Exploited Children at 1-800-THE-LOST. Ignoring the reality of the situation won't diminish the pain and suffering caused by human trafficking. If anything, continuing to do nothing only benefits the exploiters and keeps their wicked trade in the shadows. It's about time we bring it to light.

Sophia Cabana is a sophomore history major. Contact Sophia at cabanasl@dukes.jmu.edu.



Human trafficking is a \$150 billion industry that's close to home. TREVOR COCKBURN / THE BREEZE



DARTS & PATS

A **"kinda-wish-they-would-use-the-right projector-and-screen"** dart to Grafton-Stovall Theatre because the image is about five feet off both sides of the screen and IT REALLY BOTHERS ME!
From an expert moviegoer who appreciates quality theater setups.

A **"that's-rude"** dart to the girls who LITERALLY SPUNTED past me and grabbed the table in Carrier I was six feet away from. Think of others.
From someone who just wants people to be nice.

An **"I-love-you"** pat to my mom for FaceTiming me and comforting me after I died from midterms this week.
From a student who can't wait for this week to be over — who's with me?

A **"why-is-it-so-cold?"** dart to the weather for suddenly becoming so bipolar.
From a girl who gets super cold and doesn't appreciate the below-60-degrees weather.



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from page 10

COFFEE | Sugary coffee beverages are detrimental to students' health



Ironically, while consuming coffee can decrease a risk of diabetes, the large amount of sugar found in it can increase that risk immensely. Superfluous sugar intake is also linked to weight gain, acne and depression, among other negative health effects.

This isn't to say that some students don't drink their coffee black, or don't seek out creamers with less sugar, but even they can't escape the health concerns immoderate coffee drinking generates. Besides sugar, abundant caffeinated coffee intake can also cause anxiety, trouble sleeping and withdrawal upon missing a cup here and there. Also, while leading coffee creamers like the Dunkin Donuts brand may be lower in calories and sugar, they're still filled with artificial sweeteners and are highly processed. These sweeteners can also lead to weight gain and an increased risk of diabetes, just like sugar.

Coffee can decrease health risks when consumed moderately, but can also increase those same exact risks when consumed excessively — with or without sugars involved. College students are often both stressed and exhausted — they can't seem to drink enough coffee to make them as productive as they'd like. Perhaps somewhere in this mindset, students aren't actually realizing the sheer amount of coffee they're consuming daily, and aren't thinking about the negative health risks that could come back to haunt them.

Josie Haneklau is a freshman political science major. Contact Josie at hanekljr@dukes.jmu.edu.

TRISTAN LOREI / THE BREEZE

Coffee is best in moderation, and studies have suggested that it can provide health benefits if consumed in careful amounts.

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JILLIAN CAREY | contributing columnist



There are several problems universal to nearly all college students: Examples include attempting to

avoid the freshman 15, trying not to procrastinate on upcoming essays and not running out of Dining Dollars in the first week of the semester. One problem that's a bit more pressing, however, is figuring out how to pay for college. Enlisting in the National Guard could be the answer.

Not everyone is so lucky to have money saved for their college expenses, so plenty of students are well-acquainted with the knowledge that they're going to be saddled with the debt of student loans after school. Besides it being stressful to think about in general, loans are also difficult to acquire, requiring hours of negotiating with parents and navigating student loan websites.

These seem like the only options unless you happen to win a scholarship. Most students either breeze through school on their savings or deal with the knowledge that they're going to have debt in the coming years,

unaware of another option available to them. Joining the military might seem like a drastic decision, but can be a wonderful opportunity for students not equipped with the means to pay for college.

Students can enlist in the Army National Guard while still attending school full time, receiving both tuition assistance and monthly payment for doing so. Training takes place one weekend a month during the school year through a program called RSP in order to prepare students for boot camp, during which students receive over \$200 every month. Additionally, after completing boot camp and training for their job positions, students are given \$10,000 as a signing bonus along with another \$10,000 dispersed in two chunks over the preceding four years — a bonus only offered to full-time college students.

With this monetary bonus, along with the year-round monthly pay — which becomes around \$2,000 while at boot camp — the stress of having debt from college can be significantly reduced, especially since the National Guard pays for up to \$8,000 of a student's tuition yearly. This means that should students still need to take out loans after this assistance, they'd be considerably lower, resulting in a smaller amount of interest that would accumulate over the years.

Still, enlisting in the National Guard is a major commitment and proper thought needs to be put into it. Signing up means signing on for at least eight years, six of which are spent doing the monthly training sessions and two of which are spent simply being available in case there's a need of federal reserves to be deployed, whether in or out of the country.

Having more options than taking out loans or hoping to win a scholarship is comforting, especially since this option isn't typically known to the average incoming college student. It's definitely worth some thought and any students finding themselves particularly curious could talk to JMU's on-campus recruiter, Jonathan Fretwell, for additional details. After a student knows they want to join, it's as simple as filling out an application, going to a nearby Military Entrance Processing station for a physical, and taking the ASVAB, a military test similar to the SAT.

Knowing about the National Guard as a financial option is incredibly important to students, as it can alleviate their stress of not knowing how to pay for college. Plus, it doubles as a strong resume builder as well, offering many benefits for interested students.

Jillian Carey is a freshman undeclared major. Contact Jillian at careyjc@dukes.jmu.edu.

Go Guard

Joining National Guard is an option that provides financial assistance to college students



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Enlisting in the National Guard can pay up to \$8,000 yearly.

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Letter to the Editor

In civil discourse

Many young Americans recognize current political system as defective

VENKATRAM GOPAL | former Free the Facts member

Stop me if you've heard this one before: Six blind men encounter an elephant for the first time. They place their hands on the animal to figure out what it looks like. Later, the men have a heated debate, each one defending their woefully incomplete view of the animal. One man felt the trunk — he argues it's a serpentine beast. Another felt the tusk and insists it's covered in a shell, and so on.

When I was in college, public policy debates were a lot like that parable. I hate to admit it, but my fellow students and I could be a lot like the blind men — arguing without a complete picture of the issues at hand.

Every generation probably looks back at their college years and feels that way. What makes the situation unique for you and me is that we're grappling with a lack of information

in a time of great polarization and hyper-partisanship. That's a dangerous mix that has serious consequences for our democracy.

Between 2000 and 2016, the number of college freshmen who described their political leanings as "middle of the road" dropped by nearly 10 percent. In my experience, this hardening of political views makes people more likely to simply adopt the position endorsed by their political party — and less inspired to seek out new information that might challenge their assumptions.

That approach has done little to advance our national debate about important issues, and it's left young Americans feeling pessimistic about our future. According to the MTV/AP-NORC Youth Political Pulse Survey, nearly seven in 10 young Americans think

our country's politics are dysfunctional, in part because people can't come together and work out their differences.

There is one bright spot in the survey: 79 percent believe our generation would do a better job of running the country. I agree, but we will have to lead differently. Fortunately, Free the Facts wants to give us that opportunity.

The summer before my senior year, I attended an event that Free the Facts held for interns in Washington, D.C. Truth be told, I showed up for the free food, but I got involved and brought them to my campus twice because of what I learned.

Many organizations want to get students civically engaged, but most of them serve a partisan aim. Free the Facts is different.

Its goal is to get America's brightest minds working on our toughest policy challenges — and through its college tour and leadership programs, the organization supports students who want to get involved, regardless of what party they vote for or which policy solution they want to pursue.

Free the Facts can come to your campus to help you learn everything you need to know about America's entitlement programs. Without the facts, we're all just blind people arguing over an elephant. That's why you should email contact@freefacts.org to see how you can get involved.

Venkatram Gopal is a former JMU student. Contact Venkatram at 203-727-4183.

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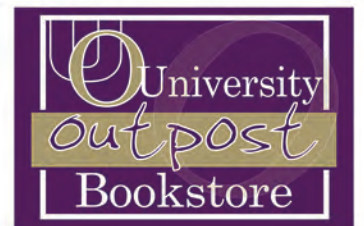
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EDITORS Abby Church & Sabrina Moreno

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WHAT'S HAPPENING IN THE 'BURG Film & Theater

Regal Harrisonburg

"Halloween" takes place 40 years after the 1978 movie with Jamie Lee Curtis as Laurie, who's been training for her next run-in with Michael Myers.

"The Hate U Give" balances issues of racism and police brutality with Starr Carter, who lives in a poor neighborhood, goes to a wealthy prep school and witnesses her best friend's death.

Court Square Theater

"The Harrisonburg Rock Lotto" presents the story of Harrisonburg musicians whose names are drawn to write original sets of music in two months.

"You Can't Take It With You" is a stage comedy that was awarded the 1938 Pulitzer Prize for its combination of social commentary and romance.

Music

Concerts in town

Thursday Death Cab for Cutie at Sprint Pavilion in Charlottesville at 8 p.m.

Friday Kendall Street Company with South Hill Banks at Clementine Cafe at 9 p.m.

Saturday Fall Coffee Fest 2018 at Brothers Craft Brewing from 10 a.m. to 6 p.m.

Album releases

Friday Khalid "Suncity" | Lil Yachty "Nuthin' 2 Prove" | Yoko Ono "Warzone" | Disturbed "Evolution"

Food

Editors' pick

Joe's Griddle & Grill (S. Main St.)
This truck stop and breakfast spot helps one avoid long lines downtown for homestyle food. Our favorites are either the Nutella French Toast with crispy hashbrowns or the flavored blueberry pancakes with either home fries or mac and cheese. Don't overlook the sweet tea while you're at it.



By TRACI RASDORF
The Breeze

Overlooking the Shenandoah Valley on local farmland, a vintage store, The Barn, intrigues its customers with its country-looking exterior and home-style interior. A sweet tea in one hand and a bag full of charming treasures in the other, one can sit on the porch and take in the view while striking up a conversation with the owner and manager, Tami Cline.

After her father died in 2005, Cline slowly began to repurpose the family's belongings as a way of coping. She collected anything she could find and opened a small store in Dayton, Virginia, but had little success and couldn't imagine herself growing in that space.

Later, Cline's mother suggested renovating the inside of their family-owned barn, which they had previously used to house their dairy

cows. When it was time to give her shop a name before opening for business in May 2017, Cline drew from a fond childhood memory.

"All my life, my dad would say, 'Okay girls, it's time to go to the barn,'" Cline said. "There was work to do with milking and calves to feed. So I thought it would be cool to kind of keep that in the family."

A sunflower in The Barn's logo also has special meaning to Cline's family. She admits that any time her family goes through a hardship, they always come across a single sunflower growing in random spots during unusual seasons for flowers to grow.

"Right after my dad died, we couldn't decide whether we wanted to run the farm," Cline said. "I was driving by one of the fields and looked up, and there was a sunflower growing where I could see it. It's like a sign

from God that we're doing the right thing."

The Barn features over 20 different home decor, food and accessory vendors, including The Ruffled Feather Candle Co. and The Goose and the Gander. It sells things from furniture to boutique clothing and candles to jewelry.

"It's an experience," Cline said. "One of my requirements is every booth has got to be changed every month. You could come in this month, but next month it's going to look completely different."

The Barn operates differently than most other vintage or antique stores because it's only open the second weekend of each month. This allows its vendors to fully commit to their businesses and have ample time to create new products and concepts each month.

continued, page 19



PHOTOS BY TRISTAN LOREI / THE BREEZE



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Thursday, October 18, 2018



PHOTOS BY TRISTAN LOREI / THE BREEZE

The Barn's sunflower logo has special meaning in the Cline family; it always pops up during hardships.

Carolyn Kenée has been a vendor at The Barn since it opened, originally selling her photography. She wanted to spend more time with her family and teamed up with her son, Peyton, to create a business called “4 Hands 8 Paws.” Now, they sell patterned T-shirts and stickers to raise money for different charities and animal rescues throughout Virginia. “Honestly, it’s sort of like one big family,” Carolyn said. “It’s been really fun to watch The Barn grow. Being open once a month, the customers really look forward to seeing what’s different. So we see lots of familiar faces.” The Barn believes in making the event an experience where one can explore the surrounding land, have interactions with each vendor and enjoy its atmosphere as opposed to strolling through aisles like in a department store.

Today, younger generations are typically more conscious of their habits to reduce and recycle, so The Barn hopes to appeal to them because they’re actively engaged in repurposing and salvaging as much as they can. “We go to auctions and I have a couple of pickers that will call me and say, ‘I’ve got a truck load of stuff that I think you’re going to like,’” Cline said. “We’ll go to a yard sale and find something really cool and repurpose it. I’ve got a lot of money invested in it, but oh, it’s so much fun.” One thing most important to Cline is that her vendors have cheaper options so that everyone who visits The Barn can afford their products. This past weekend, each vendor offered fall and Halloween-themed merchandise. Next month, The Barn will be in full-fledged Christmas holiday mode, featuring a vendor who creates live greenery such as wreaths and mistletoe. The Barn will hold its next event Nov. 10 from 9 a.m. to 5 p.m. and Nov. 11 from 1-5 p.m. “People that come out have a very relaxed feeling and we really do have a good time,” Sandra Heatwole, Cline’s mother, said. “We have music playing and found out that when people sit on the porch, [you’ll] hear the laughter. I think that it’s something really wonderful for the community. That’s what my dream is for it.” **CONTACT** Traci Radorf at rasdortl@dukes.jmu.edu. For more on the culture, arts and lifestyle of the JMU and Harrisonburg communities, follow the culture desk on Twitter @Breeze_Culture.

That's the tea

Student-run club combines art mediums to encourage creativity among CVPA majors

"I love that we can get insight from people that you wouldn't otherwise be able to get from."

Will Landon
Music industry major

By **CAMRYN FINN**
The Breeze

While JMU's College of Visual and Performing Arts hosts students of a variety of talents in the artistic world, most of these students don't get the opportunity to meet others outside their focus. Despite the potential for all these artistic mediums to be interconnected, there's no place at JMU for collaboration. The new student-created club, INFUSION, is looking to change that.

INFUSION was created by senior music major Nora Winsler, who came up with the idea and submitted her research, "Best Practices in Interdisciplinary Arts Collaboration... and Tea," to the CVPA Undergraduate Research Grant. After submitting the project last November, she received the grant to start the club the following spring. Her goal was to create a space that allows communication across all disciplines of the CVPA. The club is called INFUSION not only because its members drink infused tea at every meeting, but also because it's an infusion of ideas and practices.

According to Winsler, there are several large problems that have prohibited interdisciplinary collaboration at JMU in the past. The physical layout of the school separates the disciplines into different spaces. With people's busy schedules trying to keep up with their majors, they don't have the time to cross these walls into other spaces and explore.

Another problem that Winsler has noticed is that people are unwilling to step outside of their own world and explore something beyond their expertise. She hopes that INFUSION will help break down these walls and spark communication within the arts. Despite these challenges that prohibit interdisciplinary communication among the arts, Winsler still has hope that INFUSION will change this for the better.

"INFUSION gave me a reason to talk to people that I wouldn't talk to otherwise," Will Landon, a junior music industry major, said. "I love that we can get insight from people that you wouldn't otherwise be able to get

from and we can be in a place where we can just talk about art."

During the club's meetings, members sit down for tea to share ideas and either go on excursions to various locations featuring visual or performing art or learn how to create through different CVPA artistic mediums. They're held every other Sunday; the location may vary, but it's always accessible to students living on campus.

Winsler's main idea for INFUSION is to provide a place where anyone from any discipline with any level of experience can explore new mediums while teaching their own. Last year, it was specifically for CVPA students, but this year, it's open to anyone who wants to learn more about different arts. She encourages the students who come to try new things and learn other artistic perspectives.

"We're able to create an environment where we could fail if we wanted to," Winsler said. "The stakes aren't very high and people can try things without worry of a grade. That meant a lot to people to have an environment

where we can flourish and expand our creativity."

One of their favorite meetings last year fully represents this ideology. It involved a drum circle in which everyone learned how to play no matter how experienced a person was.

"The point wasn't about getting everyone to drum or beat to the same rhythm," Winsler said. "It's about creating a space for people to be able to do that if they want and create their own rhythm."

INFUSION operates in a few ways. While it does offer a physical space to try new things, it's the philosophy behind the club that matters. Winsler stresses that it's important to have communal time with people, and that it's important to get to know people over "a cup of tea."

"Our meetings are explorations — we try something new, and a lot of times it doesn't work out perfectly, but that's kind of the point," Matt Merline, a senior theatre major, said. "We're trying something that we don't fully understand and learning through the failures and stumblings."



OLIVIA MARINO / THE BREEZE



Currently, INFUSION is only student-created and student-run; it's not an official JMU club. Winsler attempted to make it official last semester, but was unsuccessful and hopes to try again. The club depends solely on the commitment and investment of its members, which can be tricky at times with busy schedules.

"I hope that the school steps up and sees this as an important thing," Landon said. "What INFUSION needs is school support."

Whether or not INFUSION becomes official, it still continues to bring together artists of various mediums. It fills in a gap within CVPA by encouraging interdisciplinary work across the different majors and getting people to understand the importance of collaboration.

"INFUSION is the first time I've seen where people really get the chance to step out of their comfort zone and mess up and try

new things," Merline said. "It's been a cool beginning, but I think it has so much potential to grow, change and be more than it is."

CONTACT Camryn Finn at finnce@dukes.jmu.edu. For more on the culture, arts and lifestyle of the JMU and Harrisonburg communities, follow the culture desk on Twitter @Breeze_Culture.



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God

Community voice

JMU Spanish professor bridges Latino and Harrisonburg citizens

By **ANDREA BRUSIG**
The Breeze

Growing up in a bilingual household with her mother from Colombia and father from Virginia, Karina Kline-Gabel knew she wanted to work with and support fellow Latinos in the Harrisonburg area. Kline-Gabel, a professor of Spanish and a '92 JMU alumna, returned to Harrisonburg after going to the University of Virginia to get her master's in Spanish literature.

"I knew that we were starting to get a major population shift and I wanted to be here to support my community through it," Kline-Gabel said.

As a member of the Latino community, Kline-Gabel has been an advocate, connection and educator for both JMU and Harrisonburg. Her first project, the Harrisonburg Hispanic Film Festival, began downtown 15 years ago. Since its launch, Kline-Gabel has partnered with local schools for the event, where they're given films to show in classrooms and invited to bring classes for field trips.

"This year, families were highlighted in each of these films," Kline-Gabel said. "It's such a significant part of the Hispanic tradition."

Beyond her active involvement in Harrisonburg, Kline-Gabel strives to show students the Latino culture beyond JMU. In her Spanish classes, she incorporates a pen pal project as a way for students to become more comfortable reading and writing in Spanish. JMU students are paired with a local dual-language elementary or middle school student, and at the end of the semester the pen pals meet each other through a video chat.

"It's a great way to really connect with some of these young kids," Kline-Gabel said. "In the end it always brings tears every semester. Sometimes, I have an intermediate Spanish student and their Spanish is just at an elementary-school level, so they actually make very good pen pals."

In Kline-Gabel's Practical Spanish class, she sends students to Harrisonburg schools to assist with their dual-language program. She says this program is now located in almost every Harrisonburg elementary school.

Kline-Gabel continues to support the city's K-12 education system and serves on a committee that coordinates teachers from Harrisonburg City Schools to visit JMU for an open forum. This gives teachers an opportunity to speak on concerns and issues they have. Each year, the discussion centers around one theme — last spring it was about inclusivity within the classrooms.

"I try to really focus on how important it is to realize that there's a huge significance in having a Latino population, and we need to make sure we are supporting and educating one another," Kline-Gabel said.

Within JMU, she started the Madison Hispanic Caucus for faculty and students who identify as Latino. Each fall, they host a banquet to celebrate students, give them networking opportunities and highlight JMU's increasing Latino population.

Last year, Kline-Gabel also became the faculty advisor for the Latino Student Alliance (LSA). Jasmin Barrios, a junior biology major and the president of LSA, has already learned

from Kline-Gabel's guidance.

"We are so blessed in LSA to have such a wonderful advisor," Barrios said. "She's making us all work and think in a new direction. She cares about people, the community and she cares about our culture and she's not afraid to speak up for she believes in. I just think that's so honorable."

LSA places an emphasis on serving the Latino community in Harrisonburg, as well as educating the JMU community. Each year, they raise scholarship money to send one local Latino high schooler to JMU. The organization also visits the city's high schools and mentors students each week.

Kline-Gabel says her decision to be involved with LSA was simple. She believes in the importance of interpersonal relationships, and after founding the Madison Hispanic Caucus, she wanted to serve students even more. She saw the organization as a way to continue fostering those relationships, and considers herself a "connecting piece" for the city, JMU and all members of the local Latino community.

"I have two daughters, and as I've watched them grow up, I think about how important it is to retain that culture," Kline-Gabel said. "I just want to keep supporting the population that's been such a big part of my life."

Her recent involvement is with the state of Virginia — she serves on the Virginia Governor's Latino Advisory Board, as well as the Virginia Latino Higher Education Network (VALHEN), which helps Latino youth prepare for higher education options.

"We want policies in our state to support our communities, and so the work I'm doing is not just benefiting Harrisonburg, but the state as well which makes me really proud," Kline-Gabel said.

After 15 years of active work with the community, Kline-Gabel is ready to embrace her latest project. She wants to start a Virginia Latina girls' retreat at JMU called ELLA: Empowering Latinas to be Leaders and Advocates. Her mission is to bring younger girls to campus in the summer and encourage and guide their leadership potentials.

"I feel like we have a lot of programs for a lot of high-achieving students to enter into college," Kline-Gabel said. "But sometimes we miss mentoring and helping some of our younger students who may have arrived to the area recently, so I want to give them a chance to look at their leadership skills."

With the help of the state and many in the community, she's hopeful the project will begin soon. Some of her partners are Harrisonburg Mayor Deanna Reed and Cynthia Prieto, the principal for Harrisonburg High School.

"She's trying to be really purposeful to start another resource and support system for girls," Prieto said. "She

wants to do something more to help girls figure out their best potential."

The committee for ELLA is hoping to center the program around rising high school girls. Their hope is to guide young women and provide a program for them to discover their passions.

"When Karina is involved, things go right," Prieto said. "She's a setup for success. She's very invested in her kids and wants to spread that. We both share the same interest, which is always: how can we help girls succeed?"

Since graduating from JMU, Kline-Gabel's

mission to make a difference has impacted others both locally and statewide. She says a core value of Latinos is their emphasis on family, and she's glad to serve her family in any way she can.

"I do these projects because I'm passionate about what I do," Kline-Gabel said. "When you're directed by that passion and

humbled by the work you see other people do in the community, you realize that you're a vessel for other things to come to the surface. I'm happy and lucky to be in that position. It's much more efficient when we all work together."

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"I just want to keep supporting the population that's been such a big part of my life."

Karina Kline-Gabel

PHOTO COURTESY OF KARINA KLINE-GABEL



Kale 'em

JMU dining provides plentiful alternatives for those with dietary restrictions

with options



Campus food spots like Market 64 (top) and D-Hall (bottom) offer vegan and vegetarian options like jackfruit sandwiches and pizza with vegan cheese.

TRISTAN LOREI / THE BREEZE

By TALIA DAVIS
The Breeze

Figuring out what to eat while having a dietary restriction can make finding foods on campus tricky. As vegetarians or vegans, some students may feel they have no options. Luckily, JMU Dining Services has a wide range of choices at each of its food locations to satisfy everyone's appetite.

Main Campus

Bistro 1908

When one first walks in, they're met with two different sides with multiple places to eat. Each station has different types of food, indicating it's customizable to be vegan-friendly.

Get Your Green On: This station is a perfect place for students on the go. It's a popular location for create-your-own salads, which include a wide range of toppings like black beans, chickpeas, tons of veggies, guacamole and vegan bacon bits. Students can even add quinoa to their salad. Vegan chicken, tofu and a vegan salad dressing are also available.

Grillhouse: Although this is a burger station, there are plenty of vegan and vegetarian options. One popular meal for non-meat eaters is the Farmers' Market Veggie Burger. If ordered as is, it's vegetarian. To make it vegan, ask for the vegan 'No-Bull' burger and remove the pesto. Students can also order the Beyond Burger and add vegan bacon, cheese and sauce.

Italian: JMU has vegan pizza. Regular cheese can be substituted for vegan cheese on any pizza at no additional cost. All the pizza dough is vegan, including the gluten-

free crusts. Additionally, it has vegan gnocchi, which can be paired with vegan alfredo or vodka sauce.

Market 64 (D-Hall)

This location is perfect for a grab-and-go meal. Each station has an option for vegans and vegetarians and is perfect during lunchtime when there's no time to go upstairs for the all-you-can-eat dining hall.

JMQ: Vegans can order the jackfruit sandwich with barbeque sauce on a whole wheat roll, while vegetarians can opt for a potato roll. The sandwich can be paired with two sides of their choice, which are labeled vegetarian or vegan.

Maddy J's: Although most sandwiches have meat on them, there are two sandwiches that can be made vegetarian and vegan-friendly. My favorite to customize is the Turkey Avocado sandwich. To make it vegan, substitute the wheatberry bread for the wheat sub roll or the sprouted grain bread and substitute vegan chicken and mayo.

Hot Bar/Salad Station: Each station has items that are labeled as vegan or vegetarian. For the salad station, there's tofu and vegan chicken. The salads can be topped with vegan ranch dressing or balsamic vinaigrette.

D-Hall

D-Hall may seem overwhelming due to its size, but it has plenty of vegan and vegetarian options. When students first walk in, there's a paper that says what the vegan options are at each station. From stir-fry to vegan chicken caesar salad, D-Hall ensures plenty of variety. At the pizza station, students can create their own pizza with vegan cheese.

Students can also ask the workers to double check what's vegan and what isn't. To satisfy sweet tooth, there's always a vegan dessert. Some nights they have vegan brownies, while other nights, there are vegan peanut butter cookies. Additionally, during breakfast and brunch, tofu scramble or vegan pancakes are available.

JM's Food Court in D-Hub

Although Dukes and Top Dog are gone, there are still some old favorites in D-Hub. With a mini food court, students can buy food and pair it with a coffee from Dunkin' Donuts.

Deli: Students can create their own sandwich at this location, too. All the bread offered except the Udi's Gluten Free Bread is vegan, even the Mission Jalapeno Cheddar Wrap. Students can add vegan chicken and mayo to their sandwich.

Mongolian: A favorite for vegans and vegetarians are the vegetable dumplings paired with dumpling sauce and rice that can be fried or steamed. If you're not feeling dumplings, there's also create-your-own pad thai.

East Campus

Festival

For students who are on East Campus, Festival offers a ton of options perfect for on-the-go students.

Cheese Please: This station has create-your-own grilled cheese. Students can make their base from Italian, sourdough or sprouted grain bread, ask for vegan cheese and add toppings of their choice.

Deli: Vegan chicken and mayo can be added to any sandwich or wrap. Students

can also choose red pepper or regular hummus for protein if they don't want vegan chicken. Students can choose from multiple toppings for their sandwich.

Acai: Make your acai bowl and choose any topping. For vegetarians, you can add granola, honey and chocolate chips.

Festival also has a make-your-own salad bar. They have balsamic vinaigrette and vegan ranch on request. Additionally, the Beyond Burger is also served at the Burger Studio.

E-Hall

E-Hall labels each item at each station, whether it's vegan, vegetarian or gluten-free. There's also a vegan station in the back of the dining hall that has a rotating selection. They have vegan tacos, Caribbean-style coconut rice and more, like vegan crab cakes and black bean burgers. There's also vegan ice cream, which can be paired with the vegan dessert offered that day, like a cranberry oatmeal cookie or vegan peach-banana cake. Lastly, top it with Oreo crumbles.

Lakeside

Food Truck Station (by Bridgeforth)

At Fueled, students can create their own quinoa bowl and add tofu with lots of veggies. They can top it off with dressings that are also labeled. At Nacho Papi's, they have vegan tacos topped with avocado dressing.

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The Breeze

breezejmu.org

Thursday, October 18, 2018

Scoreboard

This week in JMU sports:

Football

(5-2, 3-1 CAA)

LATEST SCORE

Win vs. Villanova 37-0

NEXT GAME

Oct. 27 vs. Stony Brook

OFFENSIVE PLAYER OF THE WEEK

Jake Brown — 8 catches, 72 yards

DEFENSIVE PLAYER OF THE WEEK

Jimmy Moreland — 1 strip-sack, 1 punt block

Men's soccer

(9-3-2, 6-1 CAA)

LATEST SCORE

Win vs. Navy 1-0

NEXT GAME

Saturday vs. Penn State

PLAYER OF THE WEEK

Manuel Ferriol — 2 goals, 4 SOG

Women's soccer

(9-7, 6-1 CAA)

LATEST SCORE

Win at William & Mary 2-1

NEXT GAME

Thursday vs. Elon

PLAYER OF THE WEEK

Claire Meiser — 2 assists, 3 shots

Field hockey

(5-8, 1-1 CAA)

LATEST SCORE

Win vs. Saint Francis 8-1

NEXT GAME

Friday at Hofstra

PLAYER OF THE WEEK

Rachel Yeager — 2 goals, 3 SOG

Volleyball

(16-3, 8-0 CAA)

LATEST SCORE

Win vs. UNCW 3-0

NEXT GAME

Friday at Northeastern

PLAYER OF THE WEEK

Sarah Driscoll — 56 digs, 11 assists

Grades are in



TREVOR COCKBURN / THE BREEZE

Handing out midseason report card for JMU football as Dukes head into bye week

By BLAKE PACE

The Breeze

The Dukes were awarded an extra week off after getting back to their winning ways, taking down Villanova 37-0 on the road. JMU, sitting at 5-2 (3-1 CAA), has had an interesting first half of its season.

Adjusting to new faces up and down the roster and a tough slate of competition within the conference, it hasn't fully reached the absolute Duke dominance the team held in both 2016 and 2017. It may look like they're unstoppable with a 151-10 scoring advantage over William & Mary, Richmond and Villanova, but even in those games it wasn't a perfect execution and certain aspects of the Dukes fell out of sorts.

Of all the things to wonder about JMU football, the least of anyone's worries is where this team will be at the end of the year. It hasn't been pretty every week, but this is a team capable of obtaining perfection by the end of the season. While the Dukes prepare for their second slate of the regular season and postseason action, let's assess how each facet of the game has fared through seven weeks.

Offense: B

The offensive unit under offensive coordinator Donnie Kirkpatrick seems like the most hot and cold part of the team through the midpoint — yet it's still shown moments of brilliance here and there. With new personnel under center, the rise of young receivers and a shuffling among the offensive line, the Dukes have still been able to perform at an above-average level.

Their biggest improvement has come on the offensive line, where new position coach Steve Shankweiler has taken an inconsistent pass protection from 2017 to a unit that's only allowed 1.5 sacks per games this year. Even though the team has been missing redshirt junior left guard Jahee Jackson to suspension, the unit has found the right groove and depth to sustain a full game.

Quarterback play has been efficient, as redshirt junior Ben DiNucci has completed nearly 70 percent of his passes and thrown only four interceptions. Last year, JMU quarterbacks threw 27 touchdowns and 15 interceptions. DiNucci is currently on pace for 31 total touchdowns and roughly eight picks. Keeping the ball in the hands of the offense has been key for the team's success early on.

Wide receivers have been steady and have had the room to explode in the second half. Redshirt junior wideout Riley Stapleton is one of the best receivers in the FCS, while the sporadic outbursts from redshirt freshman Kyndel Dean



KAT ELLIS / THE BREEZE



JMU athletes Daniel Adu (88), Sam Kidd (33) and Adam Smith (21) kneel and pray with their teammates ahead of the Dukes' game against Villanova.

and redshirt sophomore Jake Brown have proved to be pleasant surprises.

The thing that seems to hold this team back from A+ potential is the ability to have a full game of consistent play. The Dukes have looked like world beaters against lesser opponents, but even in some of those games, offensive drives have floundered or the team has found itself in a rut. If the offense can find that consistency, this team poses a major threat in the postseason.

“The big thing is just continuing to improve fundamentally, continue to play faster and continue to build on what we’ve done so far,” Houston said.

Defense: A-

While this isn’t the same JMU defense that recorded 51 sacks and 31 interceptions a year ago, the Dukes’ defensive unit has handled every opponent almost seamlessly. In all of JMU’s wins this year, they’ve held opponents to 17 points and 175.6 offensive yards per game.

The defensive front had a slow start to the year, but mostly in part to various injuries and suspensions. With a deep rotation up front and the return of players like redshirt senior Darrious Carter, junior Landan Word and redshirt sophomore Adeeb Atariwa, expect the pass rush to start showing flashes like it did in 2017.

“I think we’ve [been] doing really well with getting all the calls down and being in the right spots,” redshirt senior cornerback Jimmy Moreland said. “What we can work on, I’d say our energy, you know, just coming out with the same energy from now on. The standard is the standard.”

Both defensive ends in redshirt junior Ron’Dell Carter and junior John Daka have held down the edge so far, anchoring the D-line with a combined 15.5 tackles for loss, seven quarterback hits and 6.5 sacks. Behind them, redshirt junior linebacker Dimitri Holloway has been holding it down in the absence of Word and leads the team in tackles and forced fumbles.

“Landan coming back certainly solidifies the group,” Houston said. “I think the experience that KeShaun [Moore], Mateo [Jackson] and Tabb [Patrick] have now, certainly helps for the depth.”

Don’t tell Moreland he was supposed to be the No. 2 corner entering the season, because the slender ballhawk has recorded four interceptions — three for touchdowns — a strip sack, four pass breakups and 25 tackles. An All-American season is in Moreland’s reach, and even a slight drop-off in his output through

the end of the season should still earn him prestigious accolades.

Both junior Adam Smith and redshirt sophomore D’Angelo Amos have continued to grow into their starting safety roles, and the No. 2 corner spot should become more solid as redshirt junior Charles Tutt and senior Curtis Oliver become comfortable after nagging injuries. Redshirt sophomore Wayne Davis has also been a perfect fit in the hybrid linebacker/safety role, a key position in defensive coordinator Bob Trott’s defensive scheme.

This team isn’t the defense it was a year ago, and has definitely taken a small step back with the losses of its former stars on all three levels. However, it’s hard not to be impressed with how some of the younger guys have taken on their expanded roles with immediate success as the unit builds toward even better play.

Special Teams: A+

Easily the most satisfactory part of this football team has been the special teams unit in all aspects of kicking, punting and returning. It all starts with Amos, who’s taken back 13 kicks for an average of 30 yards per return and three touchdowns as the primary punt returner. Redshirt sophomore running back Jawon Hamilton has taken back a majority of the Dukes’ kickoffs, and has 196 return yards to go along with one 93-yard kickoff return for a touchdown against Richmond.

Redshirt sophomore Ethan Ratke has been tremendous as the starting field goal kicker, and his 87.5 field goal percentage ranks 13th in the FCS. He’s been impressive in longer-range shots as well, knocking down all eight of his attempts between 30 and 39 yards.

Sophomore Harry O’Kelly has continued to grow in his second year as the team’s punter, with an average of just under 40 yards per boot. He has three kicks of over 50 yards, and has helped the JMU defense by pinning opponents inside their own 20-yard line 10 times so far.

“I think we’ve done pretty well,” Ratke said. “We’re just very aggressive. Harry’s getting his punts where he needs to, Tyler [Gray]’s kicking off really well and I’m doing alright on field goals I feel like.”

Even senior Tyler Gray, who lost his starting kicking position to Ratke when he went down with an injury in 2017, has carved out his own important role for the Dukes. Kicking off for the team, Gray has just under 3,000 yards through the air, resulting in 18 touchbacks.

There’s been little concern when it comes to special teams under coordinator Roy Tesh. With the ability to set back opponents’ offenses and

alleviate the scoring pressure of their own offense, this unit is just as important to the team’s success as the offensive or defensive play.

Coaching: A

From top to bottom, JMU’s coaching staff is one of the best in the FCS. It all starts with Houston, who has taken the Dukes’ performance to a whole other level since joining JMU before the 2016 season. Whether it’s the culture he’s brought, the emphasis he’s placed on molding not just great athletes but respectable young men or the fiery pregame speeches, all of it has created a phenomenal program.

His coordinators are complimentary of each other, as Kirkpatrick’s charismatic smile compliments the sternness of Trott’s tone. Trott is easily one of the best D-coordinators in the game, and Kirkpatrick’s ability to mold the offense

around the personnel enhances its success. “They stay on us,” Holloway said. “Doesn’t matter what we’re doing, how we’re preparing, they’re always on our butts.”

Below the big three, certain new additions in the offseason have paid immense dividends. Bringing in new coaches on the offensive line, inside linebacker and cornerback, the new guys have molded some of the more successful units of the team.

A mix of young and old, experienced and new and progressive and traditional all combine for a well-rounded staff. A team would have no order without its leadership, and the Dukes have plenty of it.

CONTACT Blake Pace at breezesports@gmail.com. For more football coverage, follow the sports desk on Twitter @TheBreezeSports.

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From bottom-dweller to

Formation shifts and new offensive focus turns around 2018 season for women's soccer



Redshirt freshman Hannah Coulling racked up over 45 goals and 50 assists at Salem High School.



Freshman defender Sarah Gordon led her team to the Shore Conference title as a high school senior.



HEADSHOTS COURTESY OF JMU ATHLETICS COMMUNICATIONS

Freshman defender Ashby Larkin was named to the Division-I All-State team as a high school junior.



TREVOR COCKBURN / THE BREEZE

JMU women's soccer (9-7, 6-1 CAA) sits tied for first in the CAA in the midst of a four-game win streak.

By JAMES FARIS
The Breeze

It was only the seventh game of the season, but it already felt like a must-win. With time winding down in regulation, JMU women's soccer was in a 0-0 battle with High Point before the Panthers scored with two minutes to play, sending the Dukes to 1-6 and the brink of desperation.

"The beginning of the year was all over the place," junior forward Haley Crawford said. "We got a new coach who was trying things out and putting people in different positions."

After long-time head coach Dave Lombardo retired in the offseason as the 12th winningest coach in NCAA history and the only coach the program ever knew, JMU women's soccer was in a state of transition. Widely respected recruiter Joshua Walters was given the honor of succeeding Lombardo — his first D-I head coaching position.

The Dukes showed promise but had yet to generate results on the field after losing six of its first seven games. Ironically, JMU's 1-0 loss to High Point would be the low point of its season.

"That very next game after we lost to High Point, I felt like we were going to find our groove a little bit," Walters said. "When we lost, it was the final straw for me to decide, 'Can we build a game with a three back and play three freshmen in the back?'"

From there, Walters made a strategic coaching adjustment that likely saved the team's season. He put three young, unproven players on the backline and it paid off — the defense can now flip the field and keep other teams from scoring.

"You don't know ... [putting in] three players who don't have a ton of experience at the college level," Walters said. "We literally put three of our fastest players in the back."

Walters explained that the outside backs'

speed and ability to get the ball downfield on throw-ins prevents opponents from pressing up. This allows JMU to take the ball to the other team's half of the field, which helps the Dukes pin the other team and score more often.

Since that Sept. 9 loss, the Dukes caught fire and have won eight of their past nine. In that stretch, JMU has outscored opponents 15-6 and is now first place in the CAA standings.

"As the season kept going along we started getting more and more ideas about which players can play where," Walters said. "We got to a point where we felt like 'OK, this is the shape, this is the style, this is who we are.'"

After the on-field adjustments, JMU finished off Liberty in its final non-conference game and hasn't looked back. The Dukes have won four in a row and are 6-1 in-conference, with their one loss coming to 9-7-1 (6-1 CAA) Northeastern.

"The first conference game we came out

CAA front-runner



"I learned to stick to my guns. Don't make every game a life-or-death situation."

Joshua Walters
Women's soccer head coach



PHOTOS BY TREVOR COCKBURN / THE BREEZE

JMU's Haley Crawford (right) leads the team in shots, goals and total

hard," sophomore forward/midfielder Ginger Deel said. "We dominated that game ... we executed everything we wanted to."

Walters explained how his team focused on goal differential, not wins or losses. JMU has a horizontal chart in the locker room they record the differential on, and lately, it's been moving to the right after almost every game.

"We had a run of shutouts ... there are several of these games now where we've managed to hold a team to very few shots on goal," Walters said.

Even a discouraging 1-6 start as a new coach never fazed Walters. He believed in himself and his approach before anyone else, and the Dukes are mentally tougher because of their early-season struggles.

"I learned to stick to my guns," Walters said. "One of the pieces of advice from a mentor of mine has been to stay the course ... don't make every game a life-or-death situation."

JMU is a different team than the one that fell 1-0 to High Point in early September. The Dukes won't waver, regardless of the outcome of these final two regular season games against Elon and Delaware.

"I know our last two games aren't [against] the best in the conference, but there's still a chance they could bump someone off and make the tournament," Crawford said.

With one more victory, the Dukes will finish with a winning record for the first time in three seasons, and with two more, JMU will secure a first-round bye in the CAA tournament. If JMU can keep its winning streak going, it'll complete its biggest turnaround in team history with a conference championship.

CONTACT James Faris at farisja@dukes.jmu.edu. For more soccer coverage, follow the sports desk on Twitter @TheBreezeSports.



Walters in his first season at JMU.



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Thursday, October 18, 2018



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New beginning

After record-breaking season, Dukes return to court under new head coach



COURTESY OF JMU ATHLETICS COMMUNICATIONS

Shelley Jaudon coached at Alabama and Middle Tennessee State prior to coming to JMU.

By MICHAEL TURNER

The Breeze

Last year, JMU women's tennis had a historic season, featuring its second ever appearance in the CAA title match, its second-highest winning percentage and the most wins in a single season in program history. But the team was dealt a blow in April when James Bryce, the coach behind the success, left the team.

It was clear the athletes in the program weren't ready for his departure. All three freshmen, Michaela Kluska, Anna Makarova and Liz Norman, left the team and a feeling of anxiety blanketed the remaining players.

Enter Shelley Jaudon, the replacement head coach for Bryce who came in off a three-year stint assistant coaching at Alabama University. The worries the Dukes carried melted away quickly after meeting her.

"I think we're really lucky to have Shelley this year," senior Emma Petersen said. "I was a little nervous, obviously, going into my senior and not knowing who the coach would be . . . but I think we got really lucky with who they picked. She has a great energy on and off the court. She really helps bring positivity and motivation to the team."

For her part, Jaudon is excited to take the reins of the program and spur it to new heights. She's thrilled to guide her players on and off the court.

"The previous coaching staff did a fantastic job building the program and getting better every year," Jaudon said. "It's an exciting time to take over and to be able to work with these girls because they're hungry and they're driven, and they have a lofty set of goals. I get to come in and try to help them reach those goals."

Jaudon is all about helping her athletes accomplish their goals in every facet of their lives and introducing them to new experiences. In the past, she led a Bible study for athletes at Middle Tennessee State University and brought 14 of those athletes on a mission trip to the Dominican Republic.

Servant leadership is one of her biggest tenets. To this end, Jaudon is dedicated to acting as an

example for her athletes and serving them as best as she can.

"Athletics is not at the top of the reasons that I coach or what I'm trying to do on a daily basis," Jaudon said. "Tennis is the avenue of being able to lead these girls and hopefully be a good example to them."

This giving and positive attitude was apparent from the moment Jaudon reached out to the team, alleviating the players' fears. There were no longer worries about what the new coach would be like, how practices would run and what the new rules would be.

"When we heard Shelley was the new coach, she reached out and I could tell she was really friendly, really wanted us to all be comfortable and have a great year," senior Abby Amos said. "Then when I got here and met her for the very first time, I just knew it was going to be a great year."

The team still expects to compete at the high level it's used to. The Dukes are aiming to have another historic season with Jaudon leading the way. The team's season may have begun on shaky footing, but her presence has stabilized it.

JMU isn't the only team in the CAA whose roster has suffered drastic off-season changes. William & Mary, the reigning CAA champions, replaced coaches Tyler Thompson and Jesse Medvene-Collins with head coach Toni Bickford and lost four senior players between seasons. The Dukes' dominant record against CAA opponents last season, retention of their most experienced players and the diminished state of the reigning champions give the Dukes hope that they can make history this year by finally winning the CAA title.

The Dukes are motivated and ready to give their all, and Jaudon is unfazed by any expectations that may linger around the team due to its success last season. She just wants her players to aim high and do the best they can.

CONTACT Michael Turner at turnerm@dukes.jmu.edu. For more tennis coverage, follow sports desk on Twitter @theBreezeSports.

Photos of the week

The sports desk's best pictures from Oct. 10-17



PHOTOS BY TREVOR COCKBURN / THE BREEZE

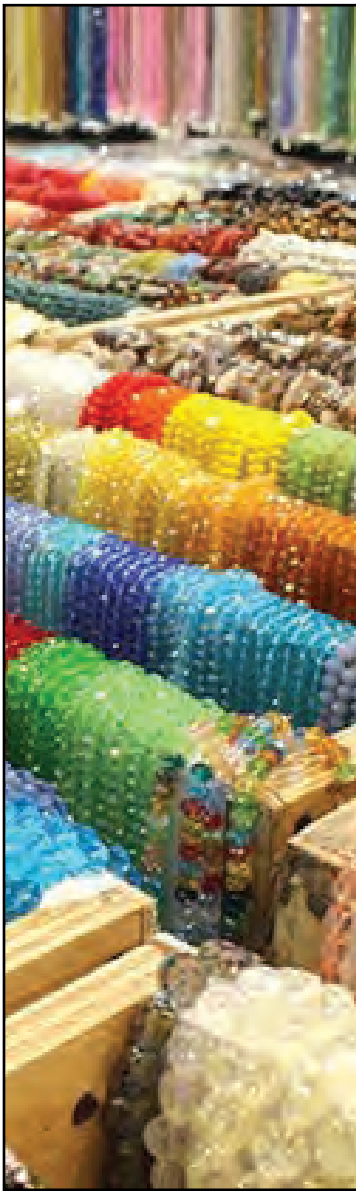
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Thursday, October 18, 2018



Treasures of the Earth
Gem & Jewelry Shows
www.toteshows.com

16th Annual Harrisonburg Bead, Gem, Mineral & Jewelry Show

October 26-28, 2018
Rockingham County Fairgrounds
4808 S. Valley Pike - Harrisonburg, VA
(On US 11 between I-81 exits 240 & 243)
Fri-Sat: 10am-6pm
Sun: 11am-5pm

- Admission \$4 - Ticket good all 3 days
- Children under age 16 FREE
- Hourly door prizes & a Grand Prize
- Gem trees, wire wrap, wire sculpture, beads, stone beads, pearls, stone setting, amber, opal, mineral and fossil dealers. This show is fun for the whole family. For info check our website. A bag of stones for the kids.

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Oregon vs. Washington State	Wash State	Oregon	Wash State	Oregon	Wash State	Oregon
Delaware vs. New Hampshire	Delaware	Delaware	Delaware	Delaware	Delaware	Delaware
Redskins vs. Cowboys	Cowboys	Cowboys	Redskins	Redskins	Cowboys	Redskins
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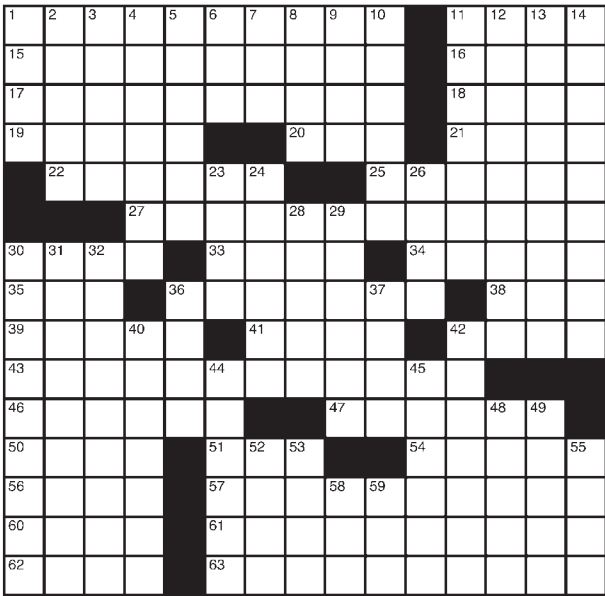
FOR RELEASE OCTOBER 13, 2018

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

ACROSS

- 1 N.A. boundary river
- 11 Pompano kin
- 15 "I agree"
- 16 Weight allowance
- 17 Emergency transportation method
- 18 Auricular
- 19 Originated
- 20 Fragrant garland
- 21 Two-time Tony-winning playwright Yasmina
- 22 Word with rain or pine
- 25 Dodo
- 27 "The Quiet American" novelist
- 30 noir
- 33 Angela Lansbury role
- 34 Cookbook direction
- 35 You can tie one on
- 36 Court figure
- 38 Sea- Airport
- 39 Like Loki
- 41 Include "[sic]," perhaps
- 42 Sky of "Say Anything..."
- 43 "For what it's worth"
- 46 Says
- 47 Breaks
- 50 WTO predecessor
- 51 Recede
- 54 Odorless gas
- 56 Insignificantly
- 57 Bouncer's milieu
- 60 Ponderous pages
- 61 Salt and pepper
- 62 "Dizzy- fury and great rage of heart": Shak.
- 63 Part of a Kipling poem opening



By Craig Stowe

10/13/18

DOWN

- 1 Salt
- 2 Doberman pincher?
- 3 Key
- 4 On the run
- 5 Crybaby
- 6 Call on the field
- 7 "Errare humanum"
- 8 Do perfectly
- 9 Theater
- 10 Trim
- 11 Left angrily, with "out"
- 12 Humored
- 13 Cesar Chavez, by birth
- 14 Debauchery
- 23 Arctic natives
- 24 Rustic roofing
- 26 Destinations for some PR deductions
- 28 Prenatal procedure, briefly
- 29 Connect (with)
- 30 Do a tense recitation?

Find answers to crossword online at breezejmu.org

- 31 Nick Hornby novel
- 32 There's one for everything
- 36 Become tedious
- 37 Sonic Dash publisher
- 40 Decided to keep
- 42 "No way!"
- 44 Trypanosome carrier
- 45 Wyandot people
- 48 Ritzy Twin Cities suburb
- 49 Many are hits
- 52 Spanish for "tar"
- 53 Meadow plants
- 55 Queen's domain
- 58 Calgary winter hrs.
- 59 Islands staple

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The City of Harrisonburg is seeking applications for seasonal Cart Attendants. Please visit <https://www.harrisonburgva.gov/employment> to find more information and apply. EOE.

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CT Assist, LLC, a healthcare staffing company with providers across the United States, is hiring a Credentialing Assistant to join our growing team in Harrisonburg, VA. For further information visit this site: <https://ctassist.bamboohr.com/jobs/view.php?id=97>

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Wanted: Someone to mow our lawn! 1/3 acre, we supply the lawn mower and weed whacker. \$50 each mow, probably weekly or more often if needed. Will work around your schedule. House is less than 2 miles from campus. I'm a JMU alum. 301-785-7037.

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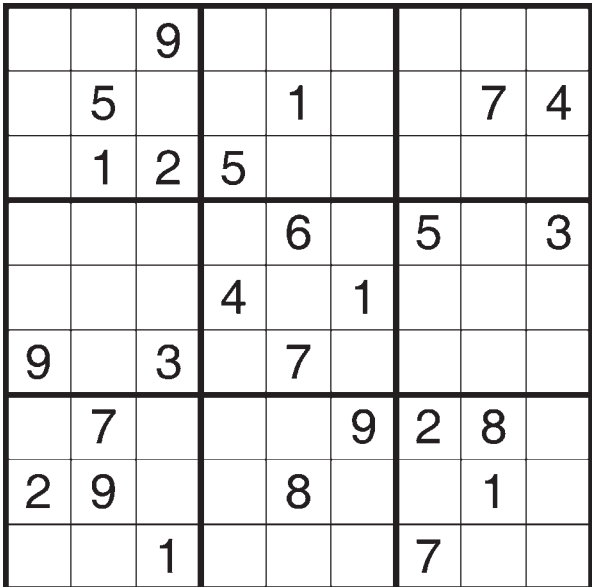
SUDOKU

THE SAMURAI OF PUZZLES By The Mephams Group

Level



Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, please visit sudoku.org.uk



10/11/18

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Thursday, October 18, 2018

OCT. 26 - 28, 2018

HOMECOMING

JAMES MADISON UNIVERSITY®

#JMUHOMECOMING

KICK-OFF & FIGHT SONG T-SHIRT DAY

October 22, 11 a.m. | Warner Commons

Wear your Fight Song Shirt and stop by the commons for food, coupons, prizes, pom poms and beads. The first 200 will get to tie dye a special Homecoming t-shirt.

THE CHALLENGE

October 23, 5 p.m. | UPark

The Challenge is a game of wit and luck. Teams of four will compete in minute-to-win-it style challenges. There will be music, food and opportunities to get in The Challenge even if you are not on the team. Want to be your teams' fan-base? Don't worry, there is an opportunity for you to get your favorite team extra points by competing in sideline challenges. There will be shuttles from main campus to UPARK on the day of the event. Co-Sponsored by the JMU Alumni Association, DUX Leadership Center and UREC.

LATE NIGHT BREAKFAST

October 25, 10 p.m. | E-Hall

Join UPB at a Homecoming themed Late Night Breakfast. Free food, games and fun to get you pumped for the game.

DAY OF SERVICE

October 26, 9 a.m. | 3rd floor D-Hall

Give back by helping to assemble hygiene kits for individuals experiencing homelessness in the Harrisonburg community. Staff from the United Way will join us to share information about homelessness and poverty in the community. Co-sponsored by Community Service-Learning.

QUADFEST

October 26, 5 p.m. | The Quad.

Join us for QuadFest 2018! There will be live music from The Reflex, the ultimate 80's tribute band, activities for all ages, lawn games, giveaways, food, and Duke Dog's Watering Hole. The night will culminate with a special announcement from Wilson steps.

HOMECOMING HEADQUARTERS

October 27, 12 p.m. | Hanson Field

Sign up for the biggest tailgate of the day! Registration includes: all you can eat BBQ, non-alcoholic beverages, four beer/cider tickets, face painting and live music, from the band, Justified.

FOOTBALL

October 27, 3:30 p.m. | Bridgeforth Stadium

Cheer on the Dukes as they take on the Stony Brook Seawolves.

STEP SHOW

October 27, 8 p.m. | Memorial Hall Auditorium

The Annual Homecoming Step Show features JMU's Multicultural Greek Life sororities and fraternities. Sponsored by the Center for Multicultural Student Services-Inter-Cultural Greek Council.



**JMU ALUMNI
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For more information and a full schedule of events, visit:

ALUMNI.JMU.EDU/HOMECOMINGEVENTS



2018 HOMECOMING



JMU ALUMNI
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HOMECOMING

JAMES MADISON UNIVERSITY

9 EVENTS TO GO TO BEFORE THE END OF HOMECOMING

October 22, 11 a.m. | Warner Commons
☐ **KICK OFF & FIGHT SONG T-SHIRT DAY**

October 23, 5 p.m. | UPark
☐ **THE CHALLENGE**

October 24, 5 p.m. | Hillside Field
☐ **PURPLE OUT**

October 25, 10 p.m. | E-Hall
☐ **LATE NIGHT BREAKFAST**

October 26, 9 a.m. | 3rd floor D-Hall
☐ **DAY OF SERVICE**

October 26, 5 p.m. | The Quad
☐ **QuadFest**

October 27, 12 p.m. | Hanson Field
☐ *Homecoming Headquarters*

October 27, 3:30 p.m. | Hanson Field
☐ **FOOTBALL**

October 27, 8 p.m. | Memorial Hall Auditorium
☐ **Homecoming Step Show**



**JMU ALUMNI
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OCT. 26 - 28, 2018
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Homecoming Supplement



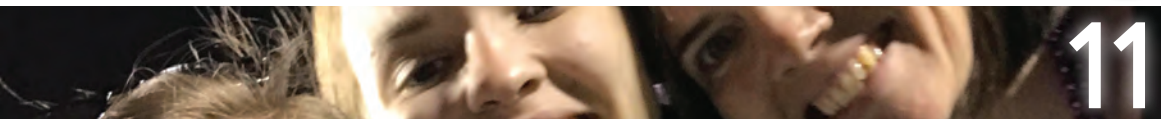
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The Purks may claim their romance is one of happenstance, but with their unique Madison Experience, their story crossing paths seemed inevitable.



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Most fans know JMU's larger than life mascot, Duke Dog, but what does it really mean to be the person under the suit?



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Many of the houses around Harrisonburg are student houses that have been passed down for year. Get an inside look at a couple such houses.



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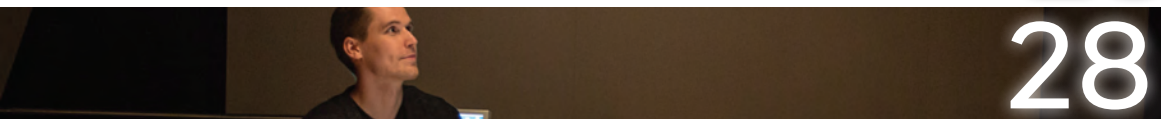
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WHERE IN THE WORLD IS #FLATDUKEDOG
#FLATDUKEDOG is flat-out the most adventurous paper dog out there. Check out where he has been spotted.



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JMU'S FIRST FOOTBALL COACH
A force on the field now, JMU football experienced a slow start 46 years ago. Meet Challace McMillin, JMU's first football coach.



28

TRUSTING THE PROCESS
"Let me tell you, it was and still is a grind. But I believe my drive, discipline and resourcefulness helped turn an idea into a reality."



Katie Warner Moomaw (daughter), Mark Warner and the Purks



The Purks with Chip and Joanna Gaines from the HGTV series "Fixer Upper"

Virginia has its Purks back

BY SABRINA MORENO
Office of Alumni Relations, intern

As Tripp Purks ('07) ventured into his dialogue of how winning Mr. Madison was a "cool cherry" on top of his already formative JMU experience, his wife and JMU alumna Kelsey Purks ('09) chimed in to agree. For her, the sole nomination was humbling, unexpected and surreal.

From joining Student Ambassadors and being a FroG to becoming an Orientation Peer Adviser and later a student orientation coordinator, Kelsey wanted to represent all of her organizations well. She felt the honor of being one of the final four was not on her but the people she'd surrounded herself with.

"The people at JMU are what makes it so special," Kelsey said. "So getting to serve the student body in that way always felt like the right for me."

"She should've won," Tripp interjected. "I was not surprised at all you were nominated."

Their back-and-forth banter entertains, with the adoration seeming to coat each word carefully. While they both claim their romance was one of happenstance, the Purks crossing paths seemed inevitable.

Also a Student Ambassador, Tripp was heavily service-focused throughout his college career. With Make Your Mark On Madison and the Intervarsity Christian Fellowship, he aimed to figure out how to best give back to these experiences.

"I felt very honored by a place that gave so

much to me," Tripp said. "I was like 'Man, I really didn't think JMU could give me any more.'"

As a Williamsburg native, Tripp wanted to try a different route after graduation with a gap year fellowship program in Charlottesville. He stayed with a host family for a year, where while living in the family's basement, found out the couple's niece, Kelsey, knew him.

Tripp had never been happier to not have had a plan out of college, since meeting Kelsey was, as he describes, "the paramount of the whole experience."

They began dating in the spring. Once Tripp went to grad school for administration and student affairs at the University of Tennessee, the rest is a blur. Two years later, Tripp graduated, the Purks got married and Tripp got a job at Baylor University — all in a three-week span.

With an emphasis on lifelong meaningful relationships that stemmed from JMU, the Purks couldn't have their wedding without one of the most influential characters of their college career: Mark Warner. As OPA's and students in his famous leadership class, the Purks left a lasting impression on Warner, who says every time he hears their names he smiles, and smiles big.

"When I attended their wedding, I felt so good knowing that these wonderful people were going to craft a life together," Warner said in an email. "We need folks like Kelsey and Tripp in this world. I know that as a couple and as parents they will continue to

be a positive force in the world ... my life has certainly been enriched by our friendship."

The Purks then took their "positive force" to Waco, Texas, which ended up surprising them. Though as first-time homebuyers, they admitted they weren't the handiest people. Most move-in ready houses were expensive, but someone Kelsey worked with at Big Brothers Big Sisters gave them a recommendation.

He said his good friend was starting a TV show renovating homes in the area. Season 1 had just started and they were hoping to keep the momentum going.

"I just remember being like, 'Wait, are you talking about Chip Gaines?'" Tripp said.

From then on, after getting approved, renovations began as early as Aug. 2014. From sharing a Pinterest board with Joanna Gaines, which Kelsey says is weird to think about now, to having Joanna be the first person outside of Tripp to know about her pregnancy with first child, Sullivan, the Purks say "Fixer Upper" was an experience.

"They are in person exactly like they are on TV," Kelsey said. "Chip is crazy. He's just a wild man, and then Joanna is crazy talented, really down-to-earth. Really humble."

The Purks joke that Chip and Joanna continue to change their lives. With the donation of a nursery from Joanna and the famous "Dutch Door House" going up for sale after being used as an AirBnB for a few years, the Purks say the house was the catalyst to moving back to Harrisonburg in July — a place they say was

always their end game.

"There's a vibe that is always here. It's a heartbeat. It's a pulse. And we can connect to that as people who've been a part of this community," Tripp said.

As a Harrisonburg native who was born in what's now the Student Success Center, Kelsey said it felt natural and claims Waco made them better people coming back. With a new perspective for how special JMU and Harrisonburg are, they love the Friendly City now more than ever. Taking it on as a married couple with kids is still a learning curve, but with both being JMU alumni, there's unspoken understanding.

"I think it's really cool to be married to a person you went to school with," Tripp said. "You share all that same stuff. You don't have to explain your stuff to someone else. We already know

While the Purks say everything is up in the air and moving to Harrisonburg with no place to live and no job was one of the craziest ideas they've had, they don't regret it for a second. It's allowed them to reflect on what's important — such as family and reconnecting with friends — while also learning to grow together.

"Harrisonburg is home and that's the long term plan. We are living in the place we want to raise our children," Kelsey said. "We sing the fight song with our daughter before she goes to bed. This is our world. It's good to be home. It's simple and a breath of fresh air to have our souls happy here."



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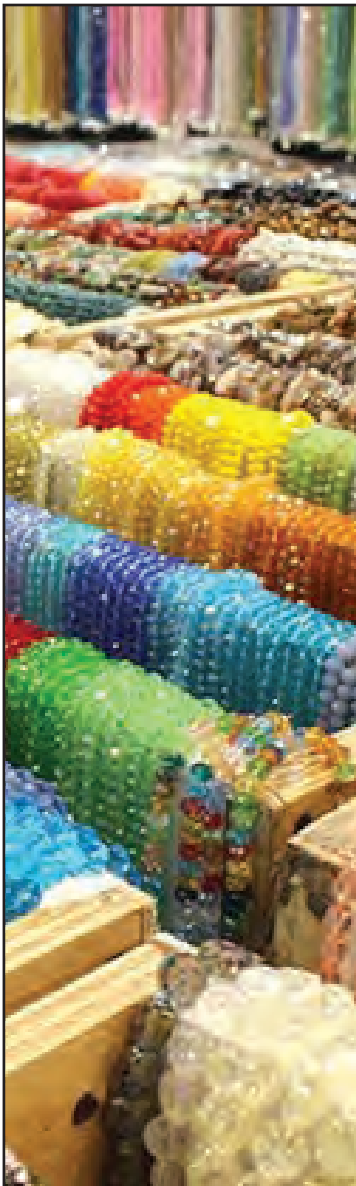
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Rockingham County Fairgrounds
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- Admission \$4 - Ticket good all 3 days
- Children under age 16 FREE
- Hourly door prizes & a Grand Prize
- Gem trees, wire wrap, wire sculpture, beads, stone beads, pearls, stone setting, amber, opal, mineral and fossil dealers. This show is fun for the whole family. For info check our website. A bag of stones for the kids.

THE CHALLENGE

A true test of wit and luck

October 23, 5-7 p.m. | UPARK

How to play:

Teams of four will compete Minute-to-Win-It games.

Not on a team? Come out for live music, free food and to cheer on your fellow Dukes.

How to register:

- Go to **URECregister.jmu.edu**
- Select "Intramural Sports"
- Sign in with JMU e-id and password
- Click on Intramural Sports/IM Leagues logo
- Scroll down page to locate "The Challenge" and register your team of 4

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Thursday, October 18, 2018

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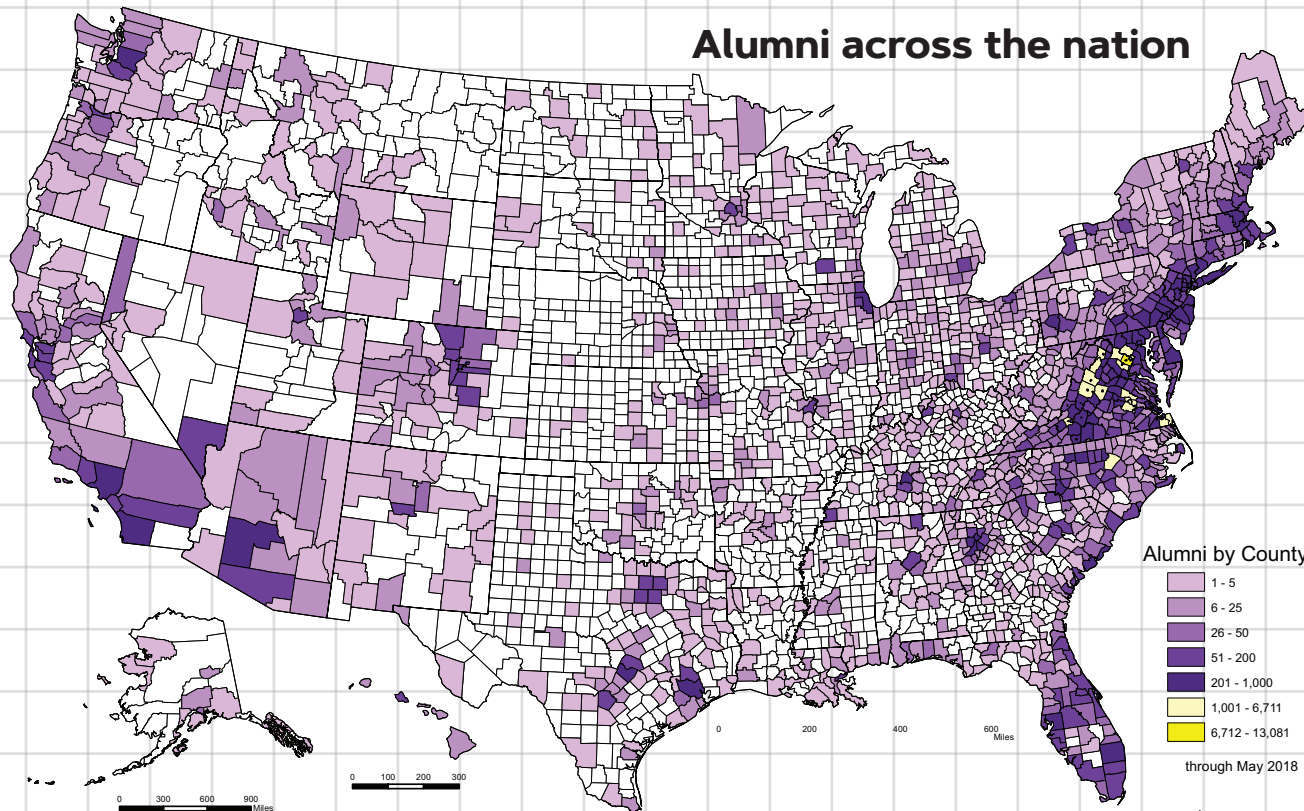
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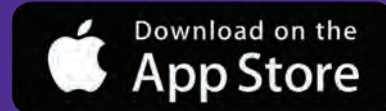
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James Madison University's BIGGEST FAN

BY SARAH CHASE ('17)
Office of Alumni Relations, staff

Tyler Hansen ('17) and Ryan Nickel ('17) both received an email sent to new freshman students encouraging them to "Apply to be Duke Dog" and both figured, "Why not?" While the application process was fun and they were thrilled to embody JMU's mascot, neither of them knew the lifelong impact that their friend, Duke Dog, would have on their lives.

"Duke Dog gives me the incredible ability to put on a cape and a mask and essentially be a super hero," Hansen says. "My super power is that I get to make people smile. I get to bring joy. I can't do that as Tyler Hansen. But Duke Dog can. And it's an incredible gift to be able to give."

"Duke Dog sees JMU at its best," Nickel says. "It's a unique experience to see campus through Duke Dog's eyes because everyone is coming together to cheer about something they all have in common." To fully embody Duke Dog, Nickel channeled passion. "Passion for JMU and passion for what it has built and passion for what it is doing," he says. For Nickel, that passion made it easy to be driven and excited every time he donned Duke Dog's persona.

Duke Dog's namesake is the university's second president, Samuel Page Duke. The first men's basketball team named themselves after Duke to commemorate him for providing the necessary equipment to get the team started. When the Dukes decided they needed a mascot, it was Ray Sonner, the director of public affairs at the time, who proposed the idea of an English bulldog. The name Duke means British royalty, so it made sense to have their stereotypical pet as a mascot. The first appearance of Duke Dog was a cartoon in 1972, followed shortly thereafter by a purebred English bulldog who belonged to professor Henry Myers. While Duke Dog has not been here since the inception of the university (his

first appearance as the Duke Dog we know today was Nov. 28, 1982), one thing is clear: It feels like he has always been in the community.

When asked if there was one thing that everyone should know about Duke Dog, Hansen shared, "I wish people knew Duke Dog was all bark and no bite. He's there for fun. He's friendly and interested in everyone."

Hansen's favorite memory with Duke Dog took place during a football game at the College of William and Mary. At this particular game, he decided to sit with a 70-year-old man with mental disabilities for almost the entire game.

At the end, the man's mother said that

normally the man was terrified of loud noises and uneasy during games, but Duke Dog's presence made the older man feel at ease so he could enjoy the game more. Hansen couldn't have been more touched. "That's the effect Duke Dog has on others."

During his time as Duke Dog, Nickel learned, "No act of kindness or outpouring of joy goes unappreciated. I definitely got tired and overwhelmed, and sometimes the crowd was really difficult, but I reminded myself that Duke Dog represented JMU and that energy was never wasted. I think that's something I still strive to do."

Similarly, Hansen feels that Duke Dog shaped his Madison Experience and gave him the opportunity to leave his mark on Madison.

"When I left, I felt like I impacted this campus ... but anonymously because not many people knew who I was. I got to impact people with Duke Dog, and that's something I'll take with me the rest of my life."

Classmates may not have known Hansen was Duke Dog while he was a student, but his secret was revealed at graduation. Over the years, it has become tradition for graduating Duke Dogs to reveal their identities by wearing their paws with their graduation robes at commencement. For Hansen, "It was the best thing to wear Duke Dog's paws and shake (President) Alger's hand as I received my diploma."

The larger-than-life persona of Duke Dog wouldn't be possible without the students who carry on his legacy and message. The students who have the privilege to embody Duke Dog come and go, but one thing is certain: Duke Dog will always be JMU's biggest fan.



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'What I wish I'd known...' ADVICE FROM JMU ALUMNI

BY SABRINA MORENO, Office of Alumni Relations, intern



**MARLTON
NEW JERSEY**

I wish I had known that when people said it goes by so fast and to enjoy every moment it didn't just mean the big moments. Of course I remember the football games, huge class projects and Orientation. But the memories that are just as special are the nights spent laughing with my roommates, funny moments in the office of my on-campus job, the carpool jam sessions to and from campus, and the little adventures around the Valley. You'll most likely never have all of your friends in such close proximity again, so enjoy the little things each day too.

ALLI FREEMAN
Class of 2011



**CHARLOTTESVILLE
VIRGINIA**

Don't be anxious to move off-campus. You have your whole adult life to cook for yourself, clean bathrooms and grocery shop. Eat JMU food while you still can.

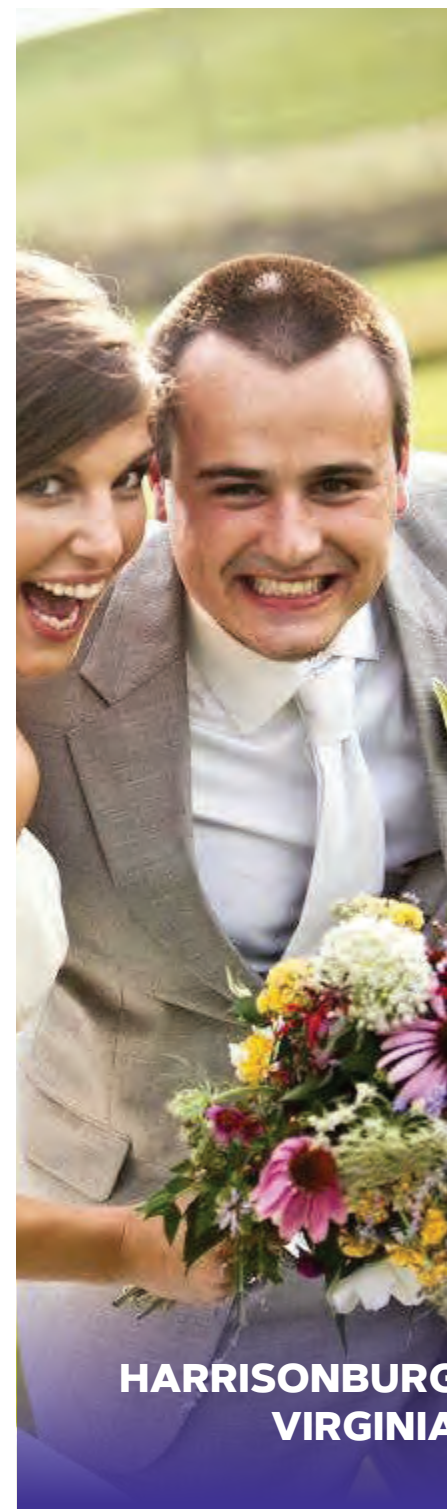
**KATHRYN MANNING
SHERIFF**
Class of 2008



**RICHMOND
VIRGINIA**

The best advice that I could give to current students is to make your Madison experience your own. There are so many opportunities at your fingertips. Take advantage of anything that makes you feel energized and excited. You don't have to compare your time at JMU to anyone else's. It should be uniquely you.

**ROBIN CAHILL
GOODMAN**
Class of 1983
Member of the JMU Alumni
Association Board of Directors



**HARRISONBURG
VIRGINIA**

Second semester of senior year is like no other time in your life, so you should give yourself permission to feel whatever feelings you're feeling. Tripp said. "Do whatever weird stuff you want to do ... Eat McDoubles, stay up until 3 in the morning and don't say no to things."

TRIPP PURKS
Class of 2007

See **ADVICE**, page 26

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Together, we give back to the university in ways that further the reach and reputation of the JMU we know and love. We are advocates, volunteers and donors, and we realize the awesome responsibility and role we have in being ambassadors for Madison, and in helping create a brighter future for our beloved alma mater.

Our mission is to engage alumni and

cultivate involvement and investment in James Madison University. The JMU Alumni Association's four strategic priorities are:

- Engage our alumni
- Invest in our students
- Strengthen our University
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for the future success of the JMU Alumni Association and in turn help ensure that the Madison Experience- something we all treasure- remains unmatched. We are Dukes from day one, and we are alumni for life.

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Carrie Combs
Carrie Combs ('07, '09M)
Executive Director, JMU Alumni Association



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A place to call home

BY: SARAH CHASE ('17)
Office of Alumni Relations, staff

JMU has become a second home for many of its students. Some students owe their sense of belonging to specific Harrisonburg houses that have been passed down for years. While each of them have different memories, traditions and experiences within these houses, it's clear that these little homes bonded these groups together in a special way. No matter how far out from graduation they are, the following houses know they always have a place to call home at JMU.

Barbie Dream Mansion

This cute and classic Harrisonburg brick house was built in the early 1900's and has had multiple renovations over the century. It officially became an option for JMU students when a fraternity moved in but they didn't stay long when the neighborhood had noise complaints. Several years later a group of Younglife girls "inherited" the home. One night, the original girls were joking around, trying to come up with a name for the house, as is JMU tradition. "Barbie Dream Mansion" was thrown out there and it stuck! Fourteen years later, it's still called the Barbie Dream Mansion and each year it's passed down to another group of Younglife girls.

The 11 girl who lived there from 2014 to 2016 saw each other all the time, but once a week made it a priority to get together to hang out, eat, laugh and ask for prayer. "At a garage sale, I found an empty Barbie diary that was .25 cents and I had to get it," says Brinn McGhee ('16). For two years, the girls wrote memories, funny outings and shared vacations in their journal. "It's our most secret and hilarious possession."

McGhee adds, "We have a Spotify playlist that we all contribute to called 'senior year hanky panky' – from the

Barbie girl song – and we continue to add songs to the list! We spend New Year's together every year and go on vacation once a year. As of now, we have had two Barbie's get married and that gives us more reasons to see each other even though we live far apart." The girls are all spread out but the two years they lived together bonded them for life – they've got matching tattoos to prove it!

The girls are all so grateful to have had this experience with one another while at JMU. McGhee says that, "Living in the Barbie Dream Mansion with my best friends grew me, challenged me, comforted me and made us all better humans. If I could move in with those girls tomorrow, I would!"

Picture on left: L to R – Abbey Schoeneck ('16), Kayla de Silva ('16), Corrie Ball ('16, '17M), Shannon Foster (16, '17M) Brinn McGhee ('16), Erin Reres ('16), Rachel Jones ('16), and Kate Malla ('16).

The White House

With its American flag-painted door, the White House is practically a JMU landmark. Everybody knows about this iconic, presidential house on Main St. Originally a Tau Kappa Epsilon house, the house was renamed in 2001 by 11 guys from Cru, an on-campus Christian fellowship organization. After the original "Founding Fathers", it was an invitation-only for guys to live in the house. Over the years, the house became a mix of guys from multiple campus ministries but has always been a tight-knit group of guys with a culture of pranks, parties and a place of community for many. "It pretty much defined my entire experience at JMU," says Nate Szarmach ('17). "I lived there for three years with my best friends and it gave me a lot of opportunities to find myself and grow up." After graduation, the housemates have continued to hang out and feel impacted by their time together at JMU.

Several of them got tattoos together! "I've been a groomsman in four weddings already from guys that lived in the house. It was definitely one of the most defining experiences of my life."

Picture in center

The Funk House

Nestled between some trees on South Mason Street sits a little white house numbered 478. Or, more specifically, the Funk House. Over the years it's been home to many girls, but in 2008 it was home to eight. The girls were brought together by mutual acquaintances but even though they didn't all know each other well upon move-in, it didn't take long to become fast friends. Many of the girls claim that it was their best experience at JMU. "It was a group of girls who all loved and supported one another...we always had a full house with people coming in and out" says Jess Lachey ('08). House culture included mealtimes, house pranking, hanging out on the porch and couch, going to parties together, hosting parties and scrambling around in the morning getting ready for classes – five of them shared one bathroom upstairs! "It was like living with a close-knit family away from home," comments Ana Chase ('08, '10M), "While academics were demanding and stressful, I knew there would always be a 'home' to go back to."

The girls affectionately refer to themselves as the 'Funkers' and still keep in close touch, even twelve years after graduation. "They continue to be some of my closest friends," says Chase, "It gives me a sense of connection to the university and contributes to an overall thankfulness for an amazing time spent at JMU."

Picture on right: L to R back: Claire Kerr ('08), Sarah Trowbridge ('08, '09M), Andrea Secrist ('08, '11M), Stacy Robinson ('08) front: Megan Forbes ('08, '09M), Georgie Messick ('08), Ana Chase ('08, '10M), Jessica Lachey ('08).



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The JMU effect

Faculty/staff alumni speak to their dual experience at JMU.

BY: SABRINA MORENO
Office of Alumni Relations, intern

Mark Gabriele ('95) knew it'd be a dream to come back as a faculty member since the moment he graduated. From being a biology major and award-winning member of the men's swimming and diving team at JMU to doing post-doctoral work at Wake Forest University, the sentiment remained throughout his years away from the 'burg.

While at grad school, he realized how much he wanted to be a part of a large classroom with students. With an emphasis on "learning science by doing science," Gabriele knew he'd have to return to an institution that valued research and a feeling of community. He's now the director of anatomy.

"Part of [coming back] was the vibe that JMU has that I think is special among institutions of higher learning," Gabriele said. "We have a rigor and we do things the right way, but we also help each other out."

Gabriele said the real world isn't quite like that, making the decision to return that much easier.

He continues to be involved with JMU athletics while being an avid backpacker and taking in the Shenandoah Valley with his wife in his time away from the neuroanatomy lab. It reminds him of Friday afternoons in college where he'd leave class and be on the trail in minutes.

"We're definitely locals at this point," Gabriele said. "I'm a long hauler here. I just kind of bleed purple and gold."

Kate Morris ('05) echoes that statement. As a lover of history and books, being head of special collections has fed into feeling the same sense of community she felt when she went here. She jokes the only difference is the increased crowdedness of the libraries.

"I really feel the community much more than I did as a student now that I'm working here," Morris said. "But I also see students nowadays being connected and engaged. I think that's a tribute to the campus."

JMU has paved way for Morris to uncover the history of the university while learning about the different perspectives that surround major events in Harrisonburg, such as the creation

of the Shenandoah National Park in the '70s. Though it's the local downtown that continues to fill the sense of pride that comes with working at her alma mater.

"I love being here in Harrisonburg. I think JMU contributes so much," Morris said. "It's a joy to be a part of a university that contributes to the community the way we do."

Jeff Forbes ('90, '92M), an alumnus and JMU's current golf coach, had a different start to the JMU experience than most as an Elon transfer his sophomore year. This didn't stop him from garnering both lifelong friendships and being part of one of the first JMU teams to go to the NCAA's as a Division I program. For Forbes, it's because JMU's culture helps foster this growth and connection — a trait he attributes to President Carrier's legacy of

making sure everyone smiles when they leave.

From caring about its students, in both an athletics and educational standpoint, to providing opportunities after graduation, Forbes feels JMU is a school that takes it one step further than most colleges. It's a place that bends over backward to continue that, as it proved when they approached Forbes for a part-time job coaching the women's team.

"They took a chance on me to progress the program from a non-scholarship to a scholarship program," Forbes said. "I'm not sure I would coach anywhere else. JMU is where I'm from. Where I went to school ... It was the best place for me."

See **ALUMNI FACULTY**, page 25



Mark Gabriele ('95), director of anatomy



Kate Morris ('05), head of special collections



Jeff Forbes ('90, '92M), men's golf coach



Art Dean ('93, '99M), executive director of campus and community access and inclusion



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Where in the world is #FlatDukeDog



1. VIRGINIA BEACH, VIRGINIA



2. MEDORA, NORTH DAKOTA

BY JESSICA SAVOIE ('14)
Office of Alumni Relations, staff

#FlatDukeDog is flat-out the most adventurous paper dog out there. Whether it's hanging out with local Dukes or heading out internationally, he always enjoys going along for the ride. 2018 proved to be a very busy year for #FlatDukeDog. Check out some of the places he was spotted.

- 1. **Shelby Frank** ('07) rocked Coach Houston's 2017 National Championship ring during a mixer in Virginia Beach.
- 2. **Mark Rowan** ('95) snapped a picture of #FlatDukeDog hitching a ride in **Melanie Neergaard's** ('96) backpack while hiking the Petrified Forest Loop in Theodore Roosevelt National Park, located in Medora, North Dakota.
- 3. (L-R, front row): **Mary Ellen Bruce Cravotta** ('73), **Laura Simpson-Keller** ('72), **Jane Slater Sumner** ('72), **Gail Pippin Calabrese** ('73), **Fran Mirabella Moore** ('74) and **Laura Maggi Baker** ('74). (Back row): **Nancy Bouteiller "Boutie"** Barnes ('72), **Bonnie Worley Havens** ('72) and **Sandra "Sam" Caldwell Thorne** ('73).
- 4. #FlatDukeDog and **Dawn Crowson** ('91, '92M) turned up the heat during a tour of the Tabasco factory in Avery Island, Louisiana.



3. BURKE, VIRGINIA

- 5. **Anna** ('08, '09M) and **Chris Edmunds** ('06, '08) celebrated their first wedding anniversary with #FlatDukeDog at Fenway Park in Boston, Massachusetts.
- 6. #FlatDukeDog says "Guten Tag" from Oberammergau, Germany, with **Michele Murphy** ('90) and her family.
- 7. **Brian Brown** ('02) ran into **Rebecca Simmons** ('98) and **Andy Puckett** ('93) during a trip to Talkeetna, Alaska. #FlatDukeDog always wears purple when he travels, in case he runs into fellow Dukes.
- 8. **Sandra Lacks** ('72, '78M) enjoyed great views of the mountains in Bergen, Norway.
- 9. JMU alumni and parents posed for a picture at Chateau Maucamps in Macau, France. (L-R): **Joe Paxton** ('78, '83M), **Annette Paxton** ('79, '90M), **Diane Driver** ('88), **Cindy O'Connor** (parent), **Gary Hallowell** ('86), **Kelly Long** ('11M) and **Debbi Long** ('04).
- 10. #FlatDukeDog can't stop raving about



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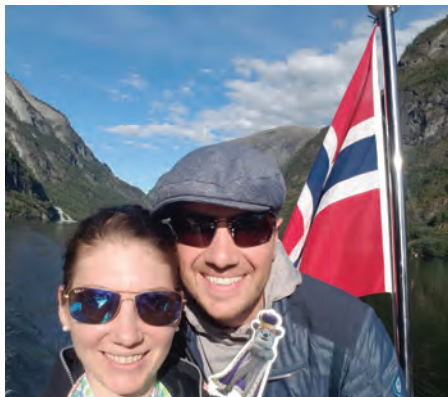
8. BERGEN, NORWAY



9. MACAU, FRANCE



10. SAN ANTONIO, TEXAS



11. AURLAND, NORWAY



12. CULLENSTOWN, IRELAND



14. KILMARNOCK, VIRGINIA

the good time he had in San Antonio, Texas, for a reunion with his favorite people—other Dukes! (L-R): **Taylor Adkins** ('11), **Amanda Lipps Adkins** ('11), **Charles Hamm** ('11), **Christopher Meyers** ('11), **Anna Meyers** ('11), **Alexandra Yoncha** ('11), **Anna Boley** ('12), **James Boley** ('13) and **Page Shewey** ('11).

11. Surrounded by towering mountains, **Brent Jackson** ('03) and his wife **Monica Melville** enjoyed a cruise on Naeroyfjord, a fjord located in Aurland, Norway.

12. #FlatDukeDog was spotted in Cullinstown, Ireland, with **Carol** ('92) and **Emmanuel Touhey**. In the background #FlatDukeDog could see the Saltee Islands, which are a natural reserve for puffins.

13. #FlatDukeDog got to ride the London Eye during a trip to England with **Stacie Calder** ('91). He was a little afraid of the height, but Calder pointed out Big Ben and the Palace of Westminster to keep him distracted.

14. During a visit to Kilmarnock, Virginia, to visit **Lyn Hovatter Conley** ('84), **Lisa Donegan**

Shoaf ('90M) posed for a picture with the giant waterman's boots at Kilmarnock Inn.

Want to take #FlatDukeDog on your next adventure? Request one at alumni.jmu.edu/FlatDukeDog. Share your photos using #FlatDukeDog on Facebook and Twitter or email pictures to the JMU Alumni Association at alumni.jmu.edu.



13. LONDON, ENGLAND



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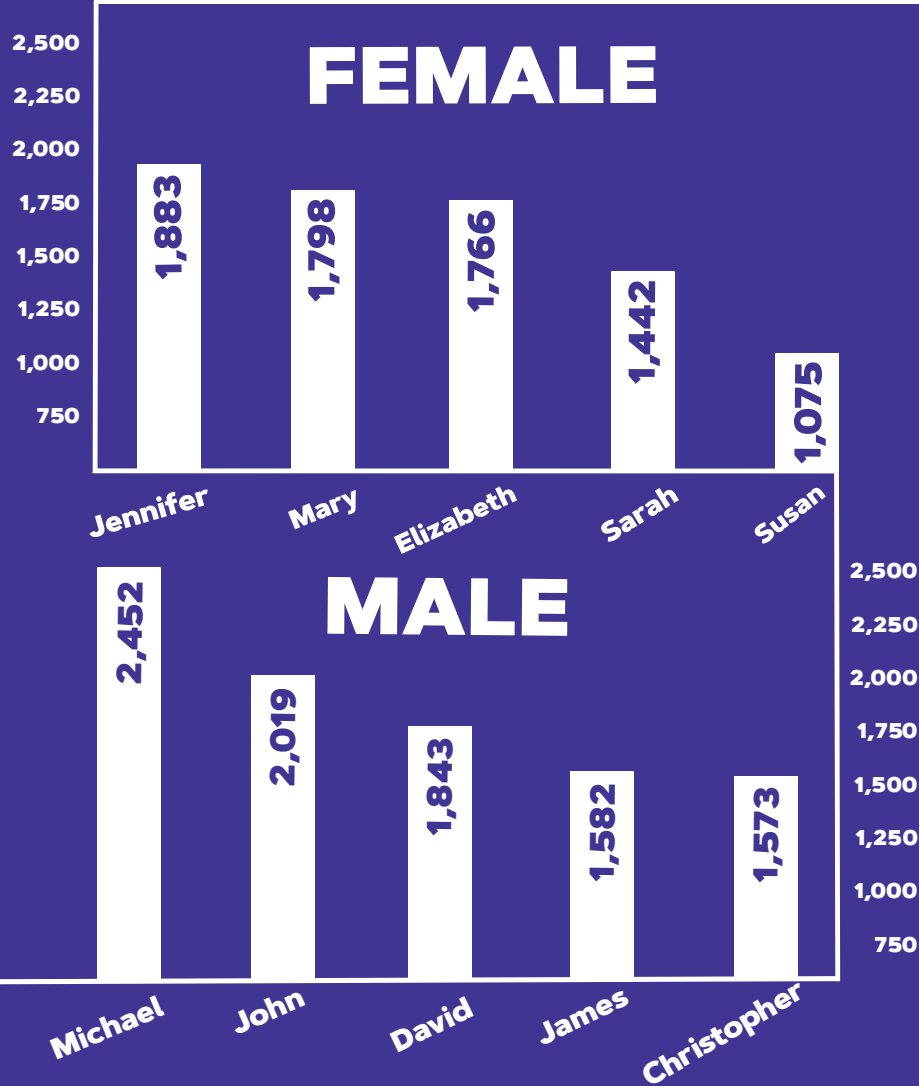


1965
Hanging
out in
the trees.



1956
Snowball fight
on a snowday.

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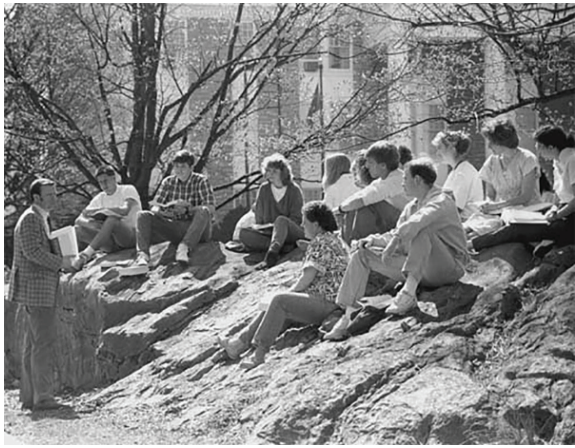
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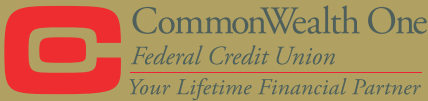
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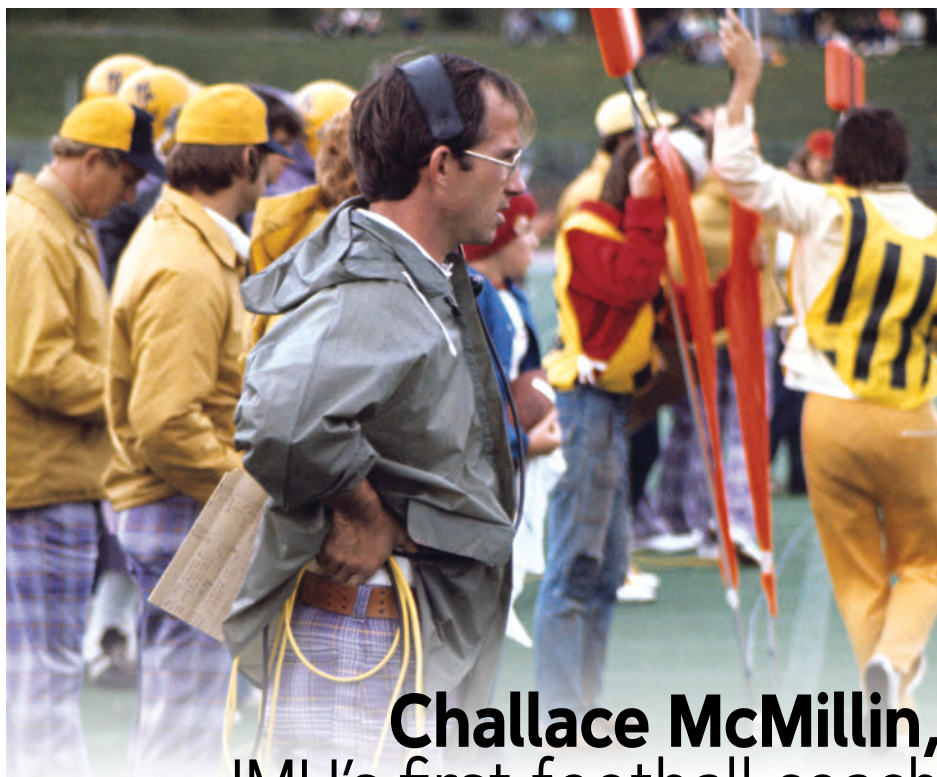
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Challace McMillin, JMU's first football coach

BY JAMIE SIMPKINS ('18)
Office of Alumni Relations, intern

A force on the field now, JMU football experienced a slow start 46 years ago. In 1972, set in motion by then-president Dr. Carrier, JMU's first football team was born.

Challace McMillin was the head football coach at Westwood High School in Memphis, Tennessee when he was offered the job to start

a new football program at Madison College. Because Dr. Carrier had delayed announcing plans for a football team until the summer of 1972 in order to avoid potential opposition from faculty, the recruitment process was far from typical.

"I just had to take the men who were here that were accepted to college," McMillin said. "The kids came in to register and I was in the registration lines and I said, 'Hey we're starting a football program this fall.'"

McMillin held an interest meeting for those who might want to be a member of Madison's first football team. To his dismay, half of the young men in attendance changed their minds in a matter of minutes.

"I told them what we would be doing, what the expectations were and then I sent them downstairs for those who wanted to, to get their equipment and their locker room," McMillin said. "Shortly after I came on down, when I got there, there were only about 30 from those original 60 or so that were there to be part of the first team."

Immediately after the meeting, McMillin and his team of 30 new players focused on preparing for their first game. While some members had played in high school, there were several who had never stepped foot on a football field.

The team had their work cut out for them before the first game, which was set to be played at Harrisonburg High School. Game day arrived with a downpour of rain—and a scramble to find a location when the high school said the Madison football team could not play on their fields due to the weather.

"Dean Ehlers and a couple of other people, we had to go out and line off Godwin field and bring some goal posts from the practice field onto the Godwin field and create a place to play the first game," McMillin said.

As the season progressed, the team struggled on the field. Despite losing every game—and never scoring a point—the Dukes maintained a fighting spirit.

"We kept emphasizing to them that we were getting better," McMillin said. "We had an opportunity each week to be able to win the

game and so we put the emphasis on getting better and making sure we played hard every game. That we focused on one play at a time and going all out and if we did that, we were going to be successful."

McMillin and the football team continued to give it their all despite the challenges they faced. Their hard work paid off and three years after that inaugural winless season, the Dukes went undefeated in a season that wasn't repeated until 2017.

In his 43 years at JMU, McMillin was a coach, professor and sports psychologist. While games won and points scored are certainly accomplishments he celebrates, it is the victories off the field that McMillin considers his greatest achievement.

"It means a lot to me, the fact that through my 12 years [coaching], so many of my former athletes stay in contact with me," McMillin said. "Another thing I'm so proud of is that well over 90% of my young men who played for me have graduated. That's pretty doggone high."

Today, McMillin still attends all football games and at least two practices per week. He has even made trips to Frisco to cheer on the team at the last two national championships. McMillin's legacy lives on each time the players run onto the field amidst thousands of fans cheering for the Dukes.

"It's a great experience to know that I had the opportunity to get it started and to see how the program has grown," McMillin said. "It's a very wonderful feeling. Very proud of where they're going."

Alumni Faculty continued from page 18

Art Dean ('93, '99M) equally values Carrier's impact. Dean says that despite the size of the institution doubling since he was a student, the culture hasn't changed under what Carrier created, which makes him even prouder to be a part of it.

He's worn a variety of hats on campus in the past 25 years, from an academic adviser to his current position as executive director of campus and community access and inclusion. Even now, he finds himself amazed at the variety of mentorship and leaderships that allowed him to grow, try and fail.

"Professionally? Oh my goodness. I can't even begin to talk about the individuals who provided me mentorship," he said before mentioning people such as Carrier, Jim McConnell, Mark Warner and Sheryl Plank. The list doesn't end there though. It's these interactions with great co-workers that's helped him hone in on himself and who he wants to be.

"It's one thing if I'm working for a company and I'm receiving a paycheck and I'm doing something I was proud of," Dean said. "But doing it in a place that's really shaped me? It's such a recognized honor and

opportunity. I love giving back to a place that has given me so much."

For Dean, ending back up at JMU was of pure coincidence. What started out as being approached with the idea to work in higher education turned into a lifelong passion, one he feels extends to the 1,082 faculty alumni.

"JMU has a number of employees who are alumni, but I think it's the opportunity to be yourself and give something back to others that drives most of us who are alumni to work here," Dean said. "We're honored to do that for our alma mater."

Regardless of the job description, the feeling of JMU community transcends the years past graduation. After being part of the student population and gaining that perspective, faculty alumni find the greatest significance in helping other fellow Dukes with their future. For most, it was also faculty and staff that influenced their career paths.

"Easily the most rewarding thing and the biggest impact I'll leave is not what I've done, but what my students that I've trained have gone on to do," Gabriele said. "And I think that ripple effect is a beautiful thing about being an educator."

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Continued from page 11

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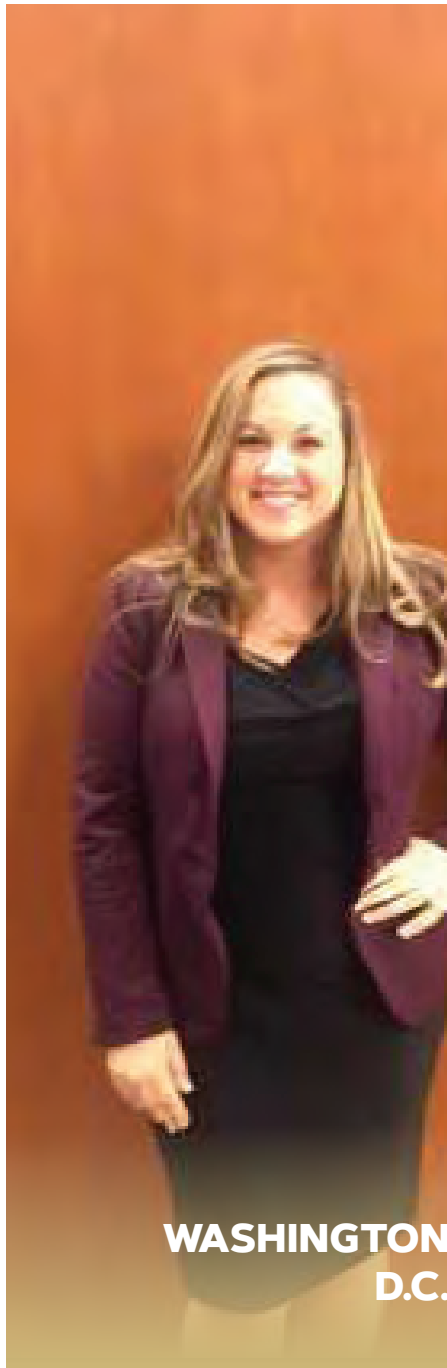
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DAWN SAVITSKI
Class of 1991



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Class of 2011



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ADAM GALOPPA
Class of 2013



RICHMOND VIRGINIA

It is okay to go to things alone. Don't miss out on wonderful opportunities - workshops, networking events, office hours - just because your friends can't go with you. Spending time with yourself encourages getting to know yourself better, which will enrich your professional and personal lives.

KATE WITHERS
Class of 2017



#JMUHOMECOMING

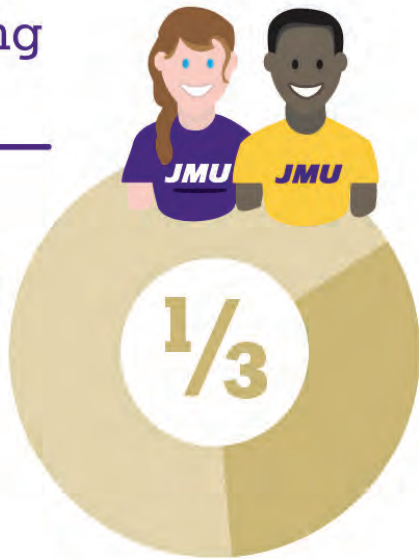
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Trusting the Process

“Let me tell you, it was and still is a grind. But I believe my drive, discipline and resourcefulness helped turn an idea into a reality.”

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Thursday, October 18, 2018

BY IAN McLEOD ('13)
Madison Network guest blogger

It's been five years since I graduated from JMU – hard to believe so much time has passed and I am now considered a “grown-up.” Thankfully I don't put too much stock into labels, so I still channel my inner-kid...

The truth is, a lot of exciting things happen after graduation. You find a job, move to a new city, build new friendships and earn money. You start to develop a “new normal.” For me, my “new normal” was different than others. At 23, after a year of working in advertising, I left my job to start my own company – Cleod9 Music. I've been a musician my whole life and have had a vision to score music for films and documentaries.

Cleod9 is now celebrating four years. We have scored award-winning documentaries/films and worked with national brands such as National Geographic, Red Bull and REI, among others. We added four composers to our team and have no intention of slowing down.

People often ask me “How do you start your own company?” Well, for the record, I've never considered myself the entrepreneurial type. There are smarter, more business-savvy people that can innately answer that question. For me, it was a learned experience.

Initially, I spent most of my time and energy figuring out how Cleod9 would stand out from its competition. It's no secret that the music industry is saturated with artists, producers and composers alike. You have to find a way to rise above the noise. Let me tell you, it was and still

is a grind. But I believe my drive, discipline and resourcefulness helped turn an idea into a reality.

JMU played an instrumental role in developing these core characteristics. Yes, I learned a lot in the classroom; yes, my music industry professors were a great resource; and yes, icebreakers actually worked.

But what was most instrumental for my growth was the JMU community. This school offers a lot more than just classrooms and textbooks. You can pursue student-led organizations, leadership groups, intramural sports and philanthropic events. Fortunately, I took advantage of these opportunities...I became a FROG, M.Y.M.O.M. Counselor, joined a Fraternity and signed up for alternative spring break sessions.

These aren't bragging points. Looking back, they were actually building blocks for my future self. Joining a group or applying for a position was “taking a risk.” You had to put yourself out there, be vulnerable and do your best to relate to people. It's funny how I still apply those same concepts at Cleod9 Music today.

During my college years, it was hard to realize all the resources at my disposal. Now that I'm five years out of school, I can appreciate what the JMU community offered me. I do my best to impart this hindsight wisdom to current Dukes. In fact, each semester I travel down to Harrisonburg and speak to music industry students in Dave Cottrell's class, Survey of the Music Industry. It's a chance for me to engage with aspiring creatives, share my past experiences and show them that what they're learning now is applicable to the entertainment industry.

About the author:

Ian McLeod ('13) is the Founder and Lead Composer of Cleod9 Music. Based in Washington, D.C., his company features a small collective of musicians that creates music for a wide array of media. In four short years, Ian and his team have scored award-winning documentaries, films and commercials. They have become a trusted music source for national brands and clients, including: National Geographic, Red Bull, REI, Patagonia and more.



Ultimately, connecting with current students is my way of giving back to the community that provided me with the tools to succeed. JMU helped me become a stronger leader. Filling my schedule with responsibilities improved my work ethic, sharpened my creative thinking and introduced me to new people and cultures. Subliminally, I was learning to become an entrepreneur.

So, when students or graduates ask me “How do you start a company,” my answer goes beyond the obvious (i.e. work ethic, discipline, etc.). I tell them to step outside their comfort zone. I tell them to get involved in a community, to build a network of contacts and, as Joel Embiid says, to “trust the process.”

Check out more about the Madison Network blog at www.themadisonnetwork.com

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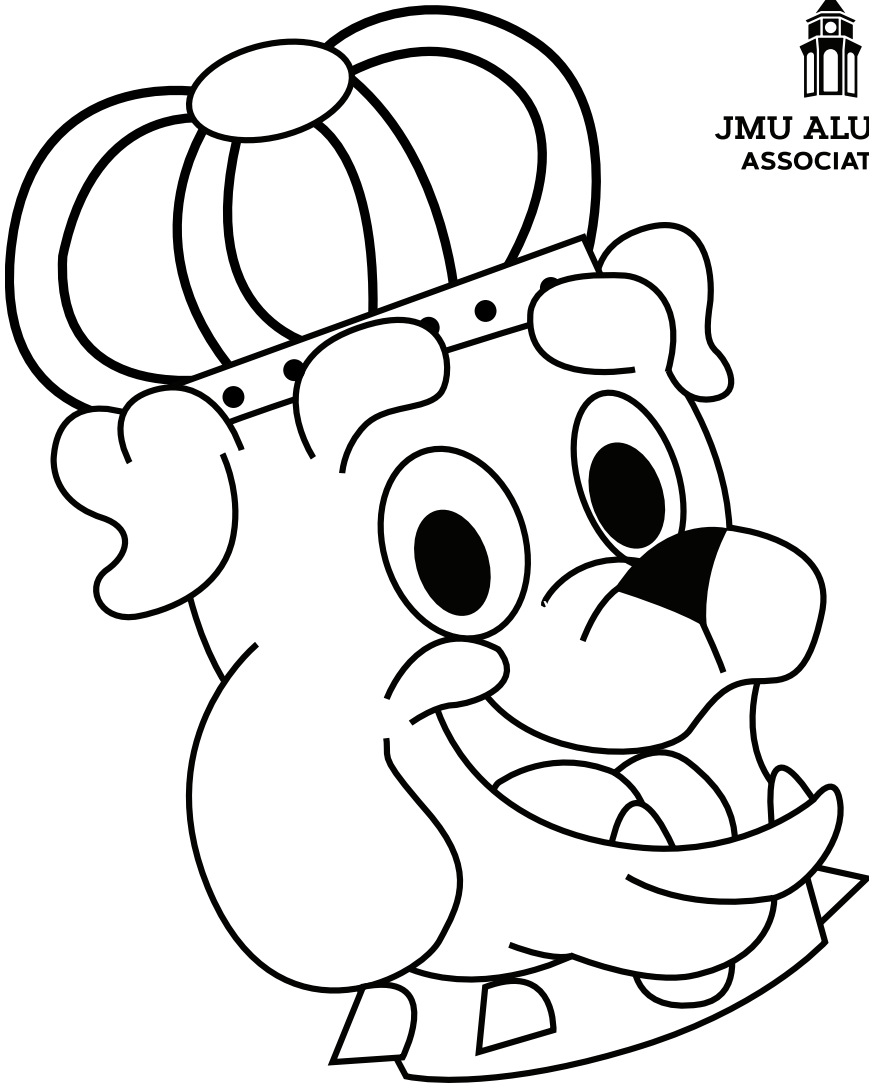
JMU

1. JMU has undergone 3 name changes. It was originally called The State Normal and Industrial School for Women.
2. JMU's youngest student is 16 and it's oldest is 67.
3. President Alger loves to sing.
4. JMU has a secret society called IN8
5. James Madison is the shortest president in U.S. history.
6. The quad cats first appeared at JMU in 2011. Their favorite food is wet food! Donations can be made in Harrison Hall.
7. Fairfax County is home to the largest amount of students.
8. In 1915, tuition at JMU was \$6 and just \$126 to live in the dorms and have a meal plan.
9. James Madison's wife, Dolly Madison, made ice cream popular in the White House. Her favorite flavor of ice cream was oyster.
10. We all bleed purple and gold. Go Dukes!

Homecoming FUN



JMU ALUM ASSOCIATION



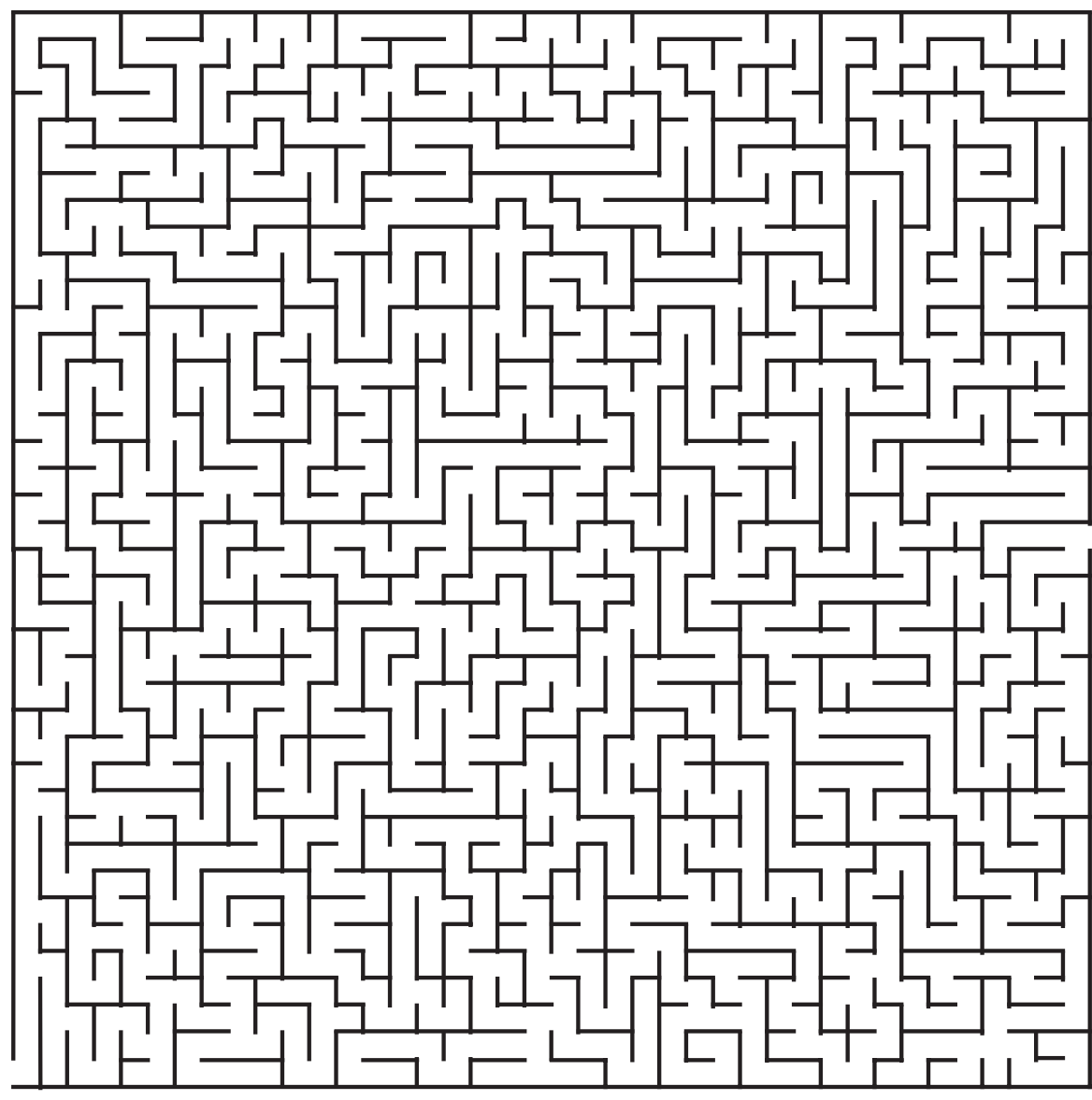
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